

Monthly Grocery Checklist

Grains & Bread

☐ Bread/Loaf

☐ Rice

☐ Pasta

Dairy & Eggs

☐ Milk

☐ Eggs

☐ Yogurt

Meat, Fish & Alternatives

☐ Chicken

☐ Fish

☐ Tofu/Paneer

Fruits

☐ Bananas

☐ Apples

☐ Seasonal Fruits

Vegetables

☐ Potatoes

☐ Onions

☐ Tomatoes

☐ Leafy Greens

Pantry Essentials

☐ Cooking Oil

☐ Sugar

☐ Salt

☐ Tea/Coffee

Snacks & Others

☐ Biscuits



Nuts



Spices

Notes / To Buy
