

Minimalist Grocery Checklist

Produce

- ☐ Leafy greens
- ☐ Tomatoes
- ☐ Bananas

Proteins

- ☐ Eggs
- ☐ Chicken breast
- ☐ Tofu

Dairy/Alternatives

- ☐ Milk
- ☐ Yogurt
- ☐ Cheese

Pantry Basics

- ☐ Bread
- ☐ Rice
- ☐ Pasta

Essentials

- ☐ Cooking oil
- ☐ Salt
- ☐ Coffee/Tea