

Family Grocery Planning Checklist

Produce

- ☐ Apples
- ☐ Bananas
- ☐ Carrots
- ☐ Spinach

Dairy & Eggs

- ☐ Milk
- ☐ Eggs
- ☐ Cheese
- ☐ Yogurt

Meat & Protein

- ☐ Chicken
- ☐ Beef
- ☐ Fish
- ☐ Tofu

Pantry Staples

- ☐ Rice
- ☐ Pasta
- ☐ Bread
- ☐ Canned Beans

Snacks & Others

- ☐ Crackers
- ☐ Granola Bars
- ☐ Juice
- ☐ Cereal

Notes

Add notes here...