

Weekly Grocery Shopping Checklist

Produce

- Apples
- Bananas
- Lettuce
- Tomatoes
- Carrots

Dairy

- Milk
- Cheese
- Yogurt
- Butter

Bakery

- Bread
- Bagels
- Tortillas

Meat & Protein

- Chicken
- Ground Beef
- Eggs
- Tofu

Pantry

- Rice
- Pasta
- Canned Beans
- Peanut Butter

Snacks

- Crackers
- Granola Bars
- Nuts

Beverages

- Coffee
- Tea
- Juice