

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