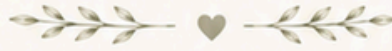




WEEKLY GROCERY *Shopping List*



WEEK OF: _____



S M T W T F S

MEAL PLAN THIS WEEK

MON	_____
TUE	_____
WED	_____
THU	_____
FRI	_____
SAT	_____
SUN	_____



MEALS I WANT TO MAKE

♥	_____
♥	_____
♥	_____
♥	_____



PRODUCE



☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



DAIRY & EGGS



☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



MEAT & SEAFOOD



☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



PANTRY STAPLES



☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



CANS & JARS



☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



BAKING & COOKING



☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



SNACKS & DRINKS



☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



FROZEN



☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



HOUSEHOLD & CLEANING



☐	_____
☐	_____
☐	_____

OTHER / MISCELLANEOUS



☐	_____
☐	_____
☐	_____

DON'T FORGET:

