


Grocery List

 Produce

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-
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-
-

 Fruit

-
-
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-
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-
-

 Dairy & eggs

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-
-

 Meat & fish

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-
-
-
-

 Bakery

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-
-

 Frozen

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-

 Pantry & canned

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-
-

 Household

-
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-
-
-
-

Plan the Meals, Make the List

THIS WEEK'S DINNERS

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

EVERYTHING WE NEED

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Pantry Staples Checklist

Tick what's running low, then carry it straight onto your list.

Baking & grains

- Flour
- Rice
- Oats
- Baking powder
- Sugar
- Pasta
- Baking soda
- Cornstarch

Canned & jarred

- Diced tomatoes
- Tuna
- Corn
- Coconut milk
- Beans
- Broth
- Pasta sauce
- Peanut butter

Oils & condiments

- Olive oil
- Vinegar
- Ketchup
- Mayo
- Vegetable oil
- Soy sauce
- Mustard
- Honey

Spices & seasoning

- Salt
- Garlic powder
- Cinnamon
- Cumin
- Black pepper
- Paprika
- Oregano
- Chili powder

Fridge basics

- Butter
- Milk
- Yogurt
- Garlic
- Eggs
- Cheese
- Lemons
- Onions

Freezer basics

- Frozen veg
- Bread
- Ground beef
- Peas
- Frozen fruit
- Chicken
- Fish fillets
- Berries



