

Grocery List

 Produce

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 Fruit

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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

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> Flour | <input type="checkbox"/> Sugar |
| <input type="checkbox"/> Rice | <input type="checkbox"/> Pasta |
| <input type="checkbox"/> Oats | <input type="checkbox"/> Baking soda |
| <input type="checkbox"/> Baking powder | <input type="checkbox"/> Cornstarch |

Canned & jarred

- | | |
|---|--|
| <input type="checkbox"/> Diced tomatoes | <input type="checkbox"/> Beans |
| <input type="checkbox"/> Tuna | <input type="checkbox"/> Broth |
| <input type="checkbox"/> Corn | <input type="checkbox"/> Pasta sauce |
| <input type="checkbox"/> Coconut milk | <input type="checkbox"/> Peanut butter |

Oils & condiments

- | | |
|------------------------------------|--|
| <input type="checkbox"/> Olive oil | <input type="checkbox"/> Vegetable oil |
| <input type="checkbox"/> Vinegar | <input type="checkbox"/> Soy sauce |
| <input type="checkbox"/> Ketchup | <input type="checkbox"/> Mustard |
| <input type="checkbox"/> Mayo | <input type="checkbox"/> Honey |

Spices & seasoning

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Salt | <input type="checkbox"/> Black pepper |
| <input type="checkbox"/> Garlic powder | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Chili powder |

Fridge basics

- | | |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> Butter | <input type="checkbox"/> Eggs |
| <input type="checkbox"/> Milk | <input type="checkbox"/> Cheese |
| <input type="checkbox"/> Yogurt | <input type="checkbox"/> Lemons |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Onions |

Freezer basics

- | | |
|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> Frozen veg | <input type="checkbox"/> Frozen fruit |
| <input type="checkbox"/> Bread | <input type="checkbox"/> Chicken |
| <input type="checkbox"/> Ground beef | <input type="checkbox"/> Fish fillets |
| <input type="checkbox"/> Peas | <input type="checkbox"/> Berries |



