

# Grocery List

### FRESH VEGGIES

- broccoli
- carrots
- tomatoes
- cucumbers
- onions
- peppers
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- .....
- .....
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- .....
- .....
- .....
- .....
- .....

### FRESH FRUIT

- apples
- avocado
- bananas
- blueberries
- grapes
- oranges
- peaches
- strawberries
- .....
- .....
- .....
- .....
- .....
- .....
- .....

### DAIRY/REFRIGERATED

- eggs
- milk
- yogurt
- half and half
- cheese
- butter
- juice
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....

### FROZEN

- frozen fruit
- frozen veggies
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....

### GRAINS

- bread
- cereal
- crackers
- rice
- .....
- .....
- .....
- .....

### PROTEIN

- poultry
- beef
- fish
- nuts
- beans
- .....
- .....
- .....
- .....

### CANNED/PACKAGED

- coffee
- .....
- .....

### MISC.

- spices
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- .....



# Meal Planner

**SUNDAY**

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**MONDAY**

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**TUESDAY**

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**WEDNESDAY**

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**THURSDAY**

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**FRIDAY**

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**SATURDAY**

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