

GROCERY LIST



Week Of: _____

PROTEINS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DAIRY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SNACKS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PRODUCE

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

GRAINS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

OTHER

- ☐ _____
- ☐ _____