

## Sample Grocery List

Week:						Date:					
Current Amount	Amount Needed	Item and Description	Current Amount	Amount Needed	Item and Description	Current Amount	Amount Needed	Item and Description	Current Amount	Amount Needed	Item and Description
<b>Refrigerator</b>			<b>Groceries</b>			<b>Fresh Produce</b>			<b>Baking Supplies</b>		
		Milk, 1% MF, 4L			Hot cereal (oats, etc)			Apples			Flour
		Cream, 10% MF			Prepared cereals			Bananas			Sugar
		Yogurt, 2% MF			Bran, wheat germ			Berries			Dried fruit
		Cheese, cheddar			Pasta			Grapes			Baking soda
		Tofu, medium			Salad dressing			Melons			Nuts
		Eggs, medium			Cookies/crackers			Oranges			Jelly mix
		Butter, unsalted			Canned fruit			Pears			Pudding mix
		Margarine, soft, tub			Canned vegetables			Cabbage			Baking powder
		Cottage cheese			Juices			Carrots			
					Canned fish			Celery			
					Dried peas, beans, lentils			Cucumbers			
<b>Bakery Items</b>					Rice, brown			Lettuce	<b>Paper Supplies</b>		
		Whole grain Bread			Condiments			Onions			Foil
		Whole grain buns, bagels			Relishes			Peppers			Plastic wrap
					Popcorn			Potatoes			Wax paper
<b>Meat, Fish, Poultry</b>					Oil			Tomatoes			Napkins
		Beef or veal			Jam/Jellies/honey						Paper towels
		Fish			Coffee/tea	<b>Freezer</b>					
		Poultry			Syrups			Frozen vegetables			
		Pork			Spices			Frozen juices	<b>Cleaning Supplies</b>		
		Cold Cuts						Frozen yogurt			
								Ice cream			