**GROCERY SHOPPING LIST** Week of:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Produce** | | **Meat** | | **Bread/Grains** | |
|  | Broccoli |  | Ground beef |  | Bread |
|  | Carrots |  | Bacon |  | Biscuits |
|  | Lettuce |  | Turkey |  | Rice |
|  | Peppers |  | Pork |  | Spaghetti |
|  | Onions |  | Sausage |  | Macaroni |
|  | Corn |  | Chicken |  | Tacos |
|  | Potatoes |  | Beef |  | Fajitas |
|  | Tomatoes |  | Fish |  | Crackers |
|  | Spinach |  |  |  |  |
|  | Seasonal vegetables: |  |  |  |  |
|  |  |  |  | **Drinks** | |
|  |  | **Dairy** | |  | Coffee |
|  |  |  | Milk |  | Tea |
|  |  |  | Cheese |  | Juice |
|  | Apples |  | Butter |  | Soda |
|  | Grapes |  | Yogurt |  |  |
|  | Bananas |  | Eggs |  |  |
|  | Pears |  | Cream cheese | **Toiletries /Cleaning Supplies** | |
|  | Seasonal fruits: |  | Sour cream |  | Soap |
|  |  |  |  |  | Shampoo |
|  |  |  |  |  | Conditioner |
|  |  | **Frozen** | |  | Toothpaste |
|  |  |  | Frozen meat: |  | Toothbrushes |
|  |  |  | Ice cream |  | Deodorant |
|  |  |  | Frozen bread: |  |  |
| **Canned Goods** | |  | Frozen vegetables: |  |  |
|  | Soup: |  | Frozen waffles |  | Laundry detergent |
|  | Beef broth |  | Frozen meals |  | Chlorine bleach |
|  | Chicken broth |  |  |  | Non-chlorine bleach |
|  | Spaghetti sauce |  |  |  | Stain spray |
|  | Green beans | **Breakfast food** | |  | Cold wash detergent |
|  | Diced tomatoes |  | Bagels |  | Dryer sheets |
|  | Tomato sauce |  | Cereal |  |  |
|  | Tomato paste |  | Oatmeal |  |  |
|  |  |  |  |  | Toilet paper |
|  |  | **Staples** | |  | Paper towels |
|  |  |  | Flour |  | Napkins |
| **Baby Items** | |  | Corn meal |  |  |
|  | Diapers |  | Sugar |  | Toilet bowl cleaner |
|  | Wipes |  | Cooking oil |  | All-purpose cleaner |
|  | Formula |  | Olive oil |  | Disinfecting wipes |
|  | Baby Food |  | Non-stick cooking spray |  | Sponges |
|  |  |  | Salt |  | Dishwasher detergent |
|  |  |  | Pepper |  | Liquid dish soap |
|  |  |  | Other spices |  | Trash bags |
|  |  |  | Condiments |  | Batteries |
|  |  |  |  |  | Plastic bags |
|  |  |  |  |  |  |
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