

Weekly Grocery List

Week of: _____ Budget target: \$_____

Produce

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

Dairy & Eggs

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

Frozen

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

Protein

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

Pantry & Grains

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

Other

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