

Week of:



- ☐ Reusable Bags
- ☐ Coupons
- ☐ Shopper's Card

# Weekly Grocery List

## FRESH FRUIT

## FRESH VEGGIES

## BULK NUTS/SEEDS

## MEATS/SEAFOOD

## DAIRY/EGGS

## DELI/BAKERY

## CANNED GOODS

## DRY GOODS

## FROZEN FOODS

## BEVERAGES

## PERSONAL/HOUSE

## MISCELLANEOUS