

GROCERY LIST & Weekly Dinner Menu

Produce	Meat/Protein	Frozen	Dairy & Eggs	Bread	Cereal	
Canned	Dry Goods	Grains	Condiments/Spices	Kitchen Supplies	Other	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

*Keep this posted on your refrigerator to plan out each week. As you run low on a food, write it down immediately to save time planning and shopping later on.