WHAT TO BUY THIS WEEK

FRUITS
- ○ apples
- ○ oranges
- ○ lemons / limes
- ○ bananas
- ○ berries
- ○ melons
- ○ stone fruit
- ○ _____
- ○ _____

VEGGIES
- ○ lettuce / greens
- ○ carrots
- ○ celery
- ○ cucumbers
- ○ peppers
- ○ potatoes
- ○ tomatoes
- ○ onions
- ○ _____
- ○ _____

DAIRY
- ○ milk
- ○ cheese
- ○ eggs
- ○ butter / margarine
- ○ half & half
- ○ sour cream
- ○ yogurt
- ○ _____
- ○ _____

FROZEN
- ○ pizza
- ○ fries / tater tots
- ○ ice cream
- ○ juice concentrate
- ○ popsicles
- ○ vegetables
- ○ meals
- ○ _____
- ○ _____

CONDIMENTS
- ○ BBQ sauce
- ○ honey
- ○ hot sauce
- ○ jam / jelly / preserves
- ○ ketchup / mustard
- ○ mayonnaise
- ○ pasta sauce
- ○ relish
- ○ salad dressing
- ○ salsa
- ○ soy sauce
- ○ syrup
- ○ peanut butter
- ○ _____
- ○ _____

BREADS
- ○ bagels / croissants
- ○ buns / rolls
- ○ sliced bread
- ○ english muffins
- ○ _____
- ○ _____

DRY GOODS
- ○ cereal
- ○ coffee
- ○ tea
- ○ pasta
- ○ mac & cheese
- ○ packaged meals
- ○ rice
- ○ _____
- ○ _____

BAKING
- ○ baking powder / soda
- ○ flour
- ○ sugar / sugar substitute
- ○ shortening
- ○ chocolate chips / cocoa
- ○ pancake / waffle mix
- ○ cake / brownie mix
- ○ other mixes
- ○ oil
- ○ vinegar
- ○ non-stick spray
- ○ extract _____
- ○ spices _____
- ○ _____
- ○ _____

CANNED GOODS
- ○ applesauce
- ○ fruit
- ○ olives
- ○ soup / chili
- ○ veggies
- ○ tomatoes
- ○ tuna / chicken
- ○ broth
- ○ baked beans
- ○ _____
- ○ _____

MEATS
- ○ bacon / sausage
- ○ beef
- ○ chicken
- ○ turkey
- ○ ground beef / turkey
- ○ ham / pork
- ○ hot dogs
- ○ lunchmeat
- ○ _____
- ○ _____

SNACKS
- ○ candy / gum
- ○ cookies
- ○ crackers
- ○ dried fruit
- ○ granola bars / mix
- ○ nuts / seeds
- ○ oatmeal
- ○ popcorn
- ○ potato chips
- ○ pretzels
- ○ _____
- ○ _____

DRINKS
- ○ juice
- ○ sports drink
- ○ wine
- ○ beer
- ○ alcohol _____
- ○ soda _____
- ○ _____
- ○ _____

PERSONAL
- ○ deodorant / antiperspirant
- ○ bath soap / hand soap
- ○ toothpaste
- ○ floss
- ○ mouth wash
- ○ cotton swabs
- ○ shampoo / conditioner
- ○ razors / shaving cream
- ○ feminine products
- ○ _____
- ○ _____

PHARMACY
- ○ band-aids / medical
- ○ cold / flu / sinus
- ○ pain reliever
- ○ allergy
- ○ aspirin
- ○ antacid
- ○ vitamins
- ○ prescription pick-up
- ○ _____
- ○ _____

PAPER
- ○ toilet paper
- ○ facial tissue
- ○ paper towels
- ○ napkins
- ○ paper plates
- ○ aluminum foil
- ○ plastic wrap
- ○ sandwich / freezer bags
- ○ garbage bags
- ○ _____
- ○ _____

CLEANING
- ○ bathroom cleaner
- ○ bleach
- ○ detergent
- ○ fabric softener
- ○ stain remover
- ○ glass cleaner
- ○ dish soap
- ○ _____
- ○ _____

OTHER
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

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WHAT TO EAT THIS WEEK

	DINNER	SNACKS, NOTES, ETC.
MON		
TUE		
WED		
THUR		
FRI		
SAT		
SUN		

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