

Weekly Grocery List

Apples
 Bananas
 Grapes
 Spinach
 Broccoli
 Carrots
 Parsnips
 Potatoes_____

Onions_____

Sweet Potatoes
 Tomatoes
 Avocado

Hummus
 Cheese_____

Cheese_____

Cheese_____

Meat_____

Meat_____

Meat_____

English Muffins

Sausage Patties
 Ice Cream
 Frozen_____

Frozen_____

Milk
 Soymilk
 Yogurt
 Cream Cheese
 Butter
 Eggs

Cereal
 Oatmeal

N/A Beer
 Apple Juice
 Orange Juice
 Coffee

Stock_____

Tomatoes_____

Pasta_____

Soup_____

Fruit_____

Chips_____

Crackers_____

Peanut Butter
 Jelly

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Pasta_____

Soup_____

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Chips_____

Crackers_____

Peanut Butter
 Jelly

