Weekly Grocery List

Week of _____ One list on the fridge. Everyone adds as things run out.

PRODUCE

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

DAIRY & EGGS

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

MEAT, FISH & PROTEIN

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

PANTRY & DRY GOODS

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

FROZEN

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

BREAD & BAKERY

- [ ]
- [ ]
- [ ]
- [ ]

DRINKS

- [ ]
- [ ]
- [ ]
- [ ]

HOUSEHOLD & PERSONAL

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

OTHER

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

MIDWEEK TOP-UP

- [ ]
- [ ]
- [ ]
- [ ]

 | © NEAMEA LLC. Personal household use. Not for resale or redistribution.