

# GROCERY LIST



+

o

Date: \_\_\_\_\_

## Vegetables

	QTY	Price
<input type="checkbox"/>	_____	\$ _____
<input type="checkbox"/>	_____	\$ _____
<input type="checkbox"/>	_____	\$ _____
<input type="checkbox"/>	_____	\$ _____
<input type="checkbox"/>	_____	\$ _____

## Fruit

	QTY	Price
<input type="checkbox"/>	_____	\$ _____
<input type="checkbox"/>	_____	\$ _____
<input type="checkbox"/>	_____	\$ _____
<input type="checkbox"/>	_____	\$ _____
<input type="checkbox"/>	_____	\$ _____

## Freezer

	QTY	Price
<input type="checkbox"/>	_____	\$ _____
<input type="checkbox"/>	_____	\$ _____
<input type="checkbox"/>	_____	\$ _____
<input type="checkbox"/>	_____	\$ _____

## Meat

<input type="checkbox"/>	_____	\$ _____
<input type="checkbox"/>	_____	\$ _____
<input type="checkbox"/>	_____	\$ _____

## Dairy

	QTY	Price
<input type="checkbox"/>	_____	\$ _____
<input type="checkbox"/>	_____	\$ _____
<input type="checkbox"/>	_____	\$ _____
<input type="checkbox"/>	_____	\$ _____

## Dry Goods

	QTY	Price
<input type="checkbox"/>	_____	\$ _____
<input type="checkbox"/>	_____	\$ _____
<input type="checkbox"/>	_____	\$ _____

## Miscellaneous

	QTY	Price
<input type="checkbox"/>	_____	\$ _____
<input type="checkbox"/>	_____	\$ _____
<input type="checkbox"/>	_____	\$ _____

+

o

+

# FOOD INVENTORY



Date: \_\_\_\_\_

Track what items you already have and plan recipes to use these products first to save money and food waste.

Vegetables	QTY	Expires
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

Fruit	QTY	Expires
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

Freezer	QTY	Expires
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

Meat	QTY	Expires
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

Dairy	QTY	Expires
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

Dry Goods	QTY	Expires
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

Miscellaneous	QTY	Expires
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

# THIS WEEK'S MENU

Week of: \_\_\_\_\_



	Servings	Fruit	Vegetables	Protein	Grains	Dairy
MON	Breakfast _____					
	Lunch _____					
	Dinner _____					
TUE	Breakfast _____					
	Lunch _____					
	Dinner _____					
WED	Breakfast _____					
	Lunch _____					
	Dinner _____					
THU	Breakfast _____					
	Lunch _____					
	Dinner _____					
FRI	Breakfast _____					
	Lunch _____					
	Dinner _____					
SAT	Breakfast _____					
	Lunch _____					
	Dinner _____					
SUN	Breakfast _____					
	Lunch _____					
	Dinner _____					