GROCERY LIST

Using this grocery list planner as a guide, write in the food you need from each category to make your intended meals and snacks for the next few days to a week (depending on how frequently you go to the grocery store). Remember to include all of the ingredients that you will need for your planned recipes for the week, lunches, breakfasts, dinners and snacks.

Fruits and Vegetables	Breads, Rice, Cereal, and Pasta	Meat, Poultry, Fish, Eggs, Beans, and Nuts
Milk, Cheese, and Yogurt	Fats and Oils	Other

