

# grocery list

## PRODUCE

Produce-section items like vegetables, fruit, sauerkraut, tofu/tempeh, and hummus.

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## PROTEIN + DAIRY

Outer-aisle items like meat, fish, cheese, yogurt, eggs, milk, and dairy-free milk.

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## FROZEN

Frozen-aisle items like vegetables, fruit, and gluten-free or sprouted breads.

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## PANTRY ESSENTIALS

Middle-aisle items to restock like oils, vinegars, condiments, and spices.

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## MIDDLE AISLES + BULK BINS

Other middle-aisle or bulk bin items like grains, pasta, nuts, seeds, coffee and tea.

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## NOTES + EXTRAS



# meal planner

For week of: \_\_\_\_\_

| MEAL      | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------|--------|---------|-----------|----------|--------|
| Breakfast |        |         |           |          |        |
| Lunch     |        |         |           |          |        |
| Dinner    |        |         |           |          |        |
| Snacks    |        |         |           |          |        |
| SATURDAY  |        | SUNDAY  |           |          |        |
|           |        |         |           |          |        |