Shopping List

1. Decide on your meal plan for the week
2. Review the ingredients in the recipes to see what you need to buy
3. Check your cupboards and freezer for basic foods that need to be replaced
4. Make a shopping list by grouping foods as you might find them in the store

Fruits & Juices

(Apples, Oranges, Cantaloupes, Kiwis, Mangos)

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Dairy

(Milk, Ice Cream, Cheese, Yogurt, Eggs)

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

High Calorie Booster Foods

- ☐ Avocado
- ☐ Bacon
- ☐ Butter or Margarine
- ☐ Chopped Nuts
- ☐ Oils
- ☐ Olives
- ☐ Cream
- ☐ Cream Cheese
- ☐ Ice Cream Toppings
- ☐ Peanut Butter
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Vegetables

(Carrots, Squash, Potatoes, Broccoli, Corn)

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Grains

(Breads, Crackers, Pastas, Cereals)

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Meats

(Beef, Poultry, Fish)

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐