Grocery list

Week of _____

Write only what is missing. Tick each line as it goes in the basket.

Fruit and vegetables

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

Meat, fish and eggs

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

Dairy

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

Bakery

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

Pantry and tins

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

Frozen

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

Drinks and snacks

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

Household

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

Meals this week

Already at home