

Grocery list by category

Item		Quantity
☐	FRUIT	
☐	VEGETABLES	
☐	MEAT, FISH AND EGGS	
☐	BEANS, NUTS AND TOFU	
☐	DAIRY	
☐	BREAD, RICE AND PASTA	
☐	FROZEN	
☐	PANTRY STAPLES	
☐	SNACKS AND DRINKS	
☐	HOUSEHOLD	