



*grocery list*  
WEEKS 2 & 4

**Produce**

---

---

---

---

---

---

---

---

**Breads/Grains**

---

---

---

---

---

---

---

---

**Meats/Proteins**

---

---

---

---

---

---

---

---

**Dairy**

---

---

---

---

---

---

---

---

**Condiments**

---

---

---

---

---

---

---

---

**Canned Goods**

---

---

---

---

---

---

---

---

**Beverages**

---

---

---

---

---

---

---

---

**Frozen Foods**

---

---

---

---

---

---

---

---

**Baking/Spices**

---

---

---

---

---

---

---

---

**Snacks**

---

---

---

---

---

**Other**

---

---

---

---

---

---

---

---

---

---