

MY SHOPPING LIST TEMPLATE

■ Make a template like this one that includes things you buy often. Make a copy before each shopping trip. Circle items you need that week. Write in additional items you need.

■ FRUITS/VEGETABLES	■ BREAD/GRAIN/CEREAL	■ MEAT/PROTEIN
Carrots Celery Lettuce Potatoes Bananas Apples Oranges Other:	Whole wheat bread English muffins Tortillas Bran flakes Oatmeal Rice Whole wheat pasta Other:	Chicken breast Whole chicken Hamburger Roast Fish Peanut butter Almonds Other:
■ DAIRY	■ FROZEN	■ CANNED/PACKAGED
1% milk Cheddar cheese String cheese Strawberry yogurt Light sour cream Other:	Broccoli Green beans Mixed vegetables Orange juice concentrate Strawberries Other:	Green beans Corn Tuna fish Tomato soup Mandarin oranges Pineapple chunks Other:
■ STAPLES	■ NON-FOOD	■ OTHER
Flour Sugar Salt Oil Other:	Toilet paper Dish detergent Laundry soap Bleach Shampoo Conditioner Deodorant Toothpaste Tooth brushes Dog food Other:	

