

SHOPPING LIST

Fruit & Vegetables

Item Amount



_____	_____
_____	_____
_____	_____
_____	_____



Protein

Source Date



_____	_____
_____	_____
_____	_____
_____	_____



Grains & Good Carbs

Source Date



_____	_____
_____	_____
_____	_____
_____	_____



Bills Due

Source Date



_____	_____
_____	_____
_____	_____
_____	_____



Dairy

Source Date



_____	_____
_____	_____
_____	_____
_____	_____



Seasoning & Condiments

Source Date



_____	_____
_____	_____
_____	_____
_____	_____

