Shopping List

Sorted by food type (e.g., Produce, Dairy, Protein, Grains, Spices/Herbs, etc.).

Include specific amounts to buy based on the family size.

Instructions for Creating the Shopping List:

Extract Ingredients from the Menu:

List all ingredients required for the seven-day menu.

Calculate the total quantity needed for each ingredient based on the family size and portion sizes.

Organize by Food Type:

Group ingredients into categories: Produce, Dairy, Protein, Grains, Spices/Herbs, Other.

Specify amounts (e.g., 2 lbs of chicken, 3 gallons of milk).

Shopping List Format:

Include specific quantities and units for each item based on the input data. Do not say 1 bottle. Say 1 12oz bottle. Be specific. Do not say 1 pack rice noodles. Say grab a 1-2lb pack of rice noodles. Be specific. Present the shopping list as the example down below in a downloadable pdf file. Take note these ingredients and quantities are just examples. You will use these headers and put in the current ingredients of the menu you are working with.

