

Grocery Planning

Before heading out:

1. Check the contents of the fridge, freezer, and pantry
2. Plan out meals for the week
3. Put together grocery list

Produce

Fruit

- 3 Apples
- 2 Kiwis
- Bag of Lemons

Vegetables

- 2 Cucumbers
- Bag of Onions



Bakery

Bread

- French Bread
- Whole Wheat Sandwich bread

Pastry

- Chocolate Chip Cookies
- Bear Claws



Meat

Poultry

- Chicken Thigh Value Pack

Beef



Aisles

Household

- Toilet Paper
- Trash Bags

Other Food Items

- Cinnamon Toast Crunch
- Fettucini
- Basil Pasta Sauce



Dairy

Cheese

- Sharp Cheddar
- Shredded Mexican Cheese

Milk

- 2% Gallon
- Buttermilk Pint



Freezer

Meals

Dessert

- Cool Whip
- Vanilla Ice Cream Pint

Other

- Raspberries
- Bananas

