



Shopping List

Fruits and vegetables

- | | |
|---------------------------------------|---------------------------------------|
| ☐ Oranges | ☐ Bell Peppers |
| ☐ Spinach | ☐ Broccoli |
| ☐ Strawberries | ☐ |
| ☐ | ☐ |
| ☐ | ☐ |

Protein (meat, beans, nuts, etc.)

- | |
|--|
| ☐ Chicken |
| ☐ Peanut Butter |
| ☐ |
| ☐ |
| ☐ |

Beverages

- | |
|--------------------------|
| ☐ |
| ☐ |
| ☐ |
| ☐ |
| ☐ |

Household items

- | |
|--------------------------|
| ☐ |
| ☐ |
| ☐ |
| ☐ |
| ☐ |

Dairy products

- | |
|---------------------------------|
| ☐ Yogurt |
| ☐ Cheese |
| ☐ |
| ☐ |
| ☐ |

Breads, pasta, and cereal

- | |
|--------------------------|
| ☐ |
| ☐ |
| ☐ |
| ☐ |
| ☐ |

Frozen foods

- | |
|--------------------------|
| ☐ |
| ☐ |
| ☐ |
| ☐ |
| ☐ |

Other

- | |
|----------------------------------|
| ☐ Raisins |
| ☐ |
| ☐ |
| ☐ |
| ☐ |