

Framework for Easier Grocery Shopping

Step 1: Take stock of what you already have
at home

Check fridge, freezer, and pantry goodies

Step 2: Using those items, identify any meals
or snacks you could make for the upcoming
week.

Add any items you'll need to complete those
to our grocery list on the next page!

Tips:

- Most meals should contain sources of carb, fat, protein, fiber, and flavor!
- Aim for at least two components at snack (ex: crackers and cheese, chips and guacamole)

Step 3: Add any additional items needed to complete
your food supply for the week.

- Always keep a few items stocked for quick, easy meals when life gets hectic (ex: can of chili, box of mac n cheese, frozen pizza)
- Stock enough snacks to have at least 2-3 per day

Our grocery list is organized to mimic the order of a
typical grocery store, with clear sections that make
shopping faster and easier!

Grocery List

Produce

[illegible]

Bread and Bakery

[illegible]

Pre-made/Deli

[illegible]

Meat/Seafood

[illegible]

Dairy and Eggs

[illegible]

Frozen

[illegible]

Spices/Sauces/ Condiments

[illegible]

Canned and Boxed

[illegible]