

Grocery List

Week Of _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fruit 🍏 Apples 🍊 Oranges 🍌 Bananas 🍐 Pears 🍇 Berries 🍋 Lemons 🍋 Limes 🍇 Grapes 🥑 Avocado 🍑 Peaches	Veggies 🥒 Cucumbers 🍅 Tomato 🥕 Carrots 🥦 Broccoli 🌿 Lettuce 🍆 Zucchini 🍄 Mushroom 🧅 Onion 🥔 Red Potatoes 🥔 Yellow Potatoes 🥔 Potatoes 🌿 Celery 🌶 Peppers 🥒 Brussels Sprouts	Meat 🍗 Chicken Breast 🍗 Chicken Thighs/legs 🍗 Ground Turkey 🍗 Turkey Sausage 🍖 Pork Chops 🍖 Italian sausage 🥚 Eggs	Dairy 🥛 Milk 🧀 Cottage Cheese 🥛 Sour Cream 🧀 Cream Cheese 🥛 Creamer 🧀 Sliced Cheese 🧀 Shredded Cheese 🥛 Yogurt 🥛 Plain Yogurt	Pantry 🍚 Rice 🍝 Mac & Cheese 🌶 Chili 🍲 Soup 🥣 Stock 🥜 Peanut Butter 🍇 Craisins 🌰 Almonds 🐟 Tuna 🍗 Chicken-canned 🥒 Pickles 🌶 Salsa 🍝 Spaghetti Sauce 🥙 Hummus	Grains 🍞 Bread 🍞 Pita 🍞 Bagels 🌾 Flour 🌾 Tortillas 🌾 Corn 🌾 Tortillas 🌾 English Muffins 🌾 Oatmeal 🌾 Cereal 🍞 Buns 🍝 Noodles	

Other Stuff:

- 🐕 Dog Food
- 🦴 Green Bones
- 🐈 Cat Food
- 🐈 Kitty Litter
- 🧻 Paper Towels
- 🚽 Toilet Paper
- 🧼 Dish Soap
- 🧼 Dishwasher Soap
- 🧼 Laundry soap