

Shopping list

In supermarket order, so you never double back

Week of _____

Shop _____

FRUIT & VEG

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MEAT & FISH

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DAIRY & EGGS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

BREAD & BAKERY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

CUPBOARD

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DRINKS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SNACKS & TREATS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

HOUSEHOLD

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

TOILETRIES & PHARMACY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

