

# this week's recipe / grocery shopping list

## WHAT'S COOKING:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## CHICKEN/FISH/MEATS/DELI

---

---

---

---

---

## BREADS/GRAINS

---

---

---

---

---

## FRUITS

---

---

---

---

---

## VEGETABLE

---

---

---

---

---

## EGGS/DAIRY

---

---

---

---

---

## SNACKS

---

---

---

---

---

## CONDIMENTS/SPICES

---

---

---

---

---

## PAPER PRODUCTS

---

---

---

---

---

## Others

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_