REMINDHER · FREE PRINTABLE

Weekly Grocery List

Organized by aisle | Week of: _____ | Budget: $_____

PRODUCE

- [ ] Bananas
- [ ] Apples
- [ ] Spinach
- [ ] Onions
- [ ]
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DAIRY & EGGS

- [ ] Milk
- [ ] Eggs
- [ ] Butter
- [ ] Yogurt
- [ ]
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PANTRY & DRY GOODS

- [ ] Rice
- [ ] Pasta
- [ ] Olive oil
- [ ] Cereal
- [ ] Oatmeal
- [ ] Coffee
- [ ]
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MEAT & SEAFOOD

- [ ] Chicken
- [ ] Ground beef
- [ ] Salmon
- [ ]
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BAKERY

- [ ] Bread
- [ ] Bagels
- [ ]
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CANNED & JARRED

- [ ] Beans
- [ ] Diced tomatoes
- [ ] Peanut butter
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FROZEN

- [ ] Frozen veg
- [ ] Frozen fruit
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SNACKS & DRINKS

- [ ] Crackers
- [ ] Nuts
- [ ] Water
- [ ] Juice
- [ ]
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CONDIMENTS & SPICES

- [ ] Salt
- [ ] Ketchup
- [ ] Garlic
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HOUSEHOLD & PAPER

- [ ] Paper towels
- [ ] Dish soap
- [ ] Trash bags
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PERSONAL CARE

- [ ] Toothpaste
- [ ] Shampoo
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OTHER

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Shop faster by aisle. Keep one running list both partners can add to — that's how the grocery run stops living in one person's head.

Remindher