

Sample Shopping List



Reminders:

1. Commit to only buying food you will eat within 2 weeks and produce you will eat within a week if not frozen.
2. When shopping on a budget create a list and stick to it.
3. Replace snacks with more wholesome grains.
4. Avoid wholesaling unless you really must shop in bulk.

CARBS

Item	Qty
Rice	
Pasta	
Quinoa	
Bread	
Cereal	
Whole grains	
Wraps	
Fries	

FRUITS + VEGETABLES

Item	Qty
Corn	
Spinach	
Lettuce	
Tomatoes	
Potatoes	
Onion	
Carrots	
Bananas	
Apples	
Oranges	
Grapes	
Berries	
Plantain	

PANTRY ITEMS

Item	Qty
Seasonings	
Pasta Sauce	
Ketchup	
Mayonnaise	
Mustard	
Hot sauce	
BBQ sauce	
Peanut butter	
Jam	

PROTEINS

Item	Qty
Eggs	
Peas	
Beans	
Chicken	
Beef	
Lamb meat	
Salmon	
Shrimps	
Crab	
Tuna	
Shark	
Ground meat	

DAIRY

Item	Qty
Milk	
Protein bars	
Yogurt	
Cheese	
Butter	
Cream cheese	

HOUSEHOLD ITEMS

Item	Qty
Laundry detergent	
Bleach	
Pine sol	
Tissue	
Hand soap	
Disinfectant spray	
Hygiene products	