



CREATE A GROCERY GAME PLAN

GROCERY LIST

FRUITS

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

GRAINS (BREADS, PASTAS, RICE, CEREALS)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DAIRY (MILK, YOGURT, CHEESE)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

VEGETABLES

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

PROTEIN FOODS (MEAT, SEAFOOD, NUTS & SEEDS, EGGS, SOY PRODUCTS, AND BEANS, PEAS & LENTILS)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

OTHER

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

NOTES:
