

# grocery list

Week of:



## produce

blueberries  
strawberries  
bananas  
crudites (carrots, celery)  
spinach  
tomatoes  
onions  
green beans  
cabbage  
garlic  
sweet potatoes



## pantry & frozen

olive oil  
whole wheat flour  
vanilla wafer cookies  
white chocolate chips  
banana pudding mix  
tuna (can)  
beef broth  
chicken broth  
peas  
salsa  
oats  
rice  
favourite cream soup or  
curry  
dijon mustard  
lemon juice  
quinoa



## meat & dairy

yogurt  
cream cheese  
cheese  
spinach dip  
sausage  
chicken  
fish (white fish)  
shrimp  
buttermilk  
milk  
eggs  
butter

*Study at Home Mama*



## other



## household



## bakery

bread  
wraps or soft tacos