

# grocery list

Week of:



## produce

blueberries  
strawberries  
avocado  
apples  
spinach  
tomatoes  
onions  
peppers  
garlic  
sweet potatoes  
Cauliflower



## pantry & frozen

olive oil  
linguine  
raisins  
macaroni  
missing spices  
tuna (can)  
soup or broth  
oats  
rice  
favourite cream soup or  
curry  
dijon mustard  
lemon juice  
quinoa



## meat & dairy

yogurt  
cream cheese  
cheese  
chicken  
shrimp  
lobster meat  
mussels  
milk  
eggs  
butter  
cold cuts  
whipping cream

*Study at Home Mama*



???

## other

white wine (optional)



## household



## bakery

croissants  
mini-bagels  
bread rolls