

Grocery List

Dairy

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Meat and Deli

☐	
☐	
☐	
☐	
☐	

Fruits and Veggies

[illegible]

Frozen

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Canned

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Household Items

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Pantry Items

[illegible]

Specialty Store Items

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Weekly Dinner Meal Plan

Using your checklist to the fullest:

- Set aside 20 minutes each week to plan for dinners and grocery shopping. Beginning or end of weeks work well but align with whatever suits your family best!
- Determine which nights you will need to cook or plan for dinners depending on scheduling needs.
 - Ex: if you have a late night and will need takeout or have an evening out, eliminate that day from your meal plan.
- Take some time to fill in family favorite recipes or look up new ones. Note them in the “Weekly Dinner Meal Plan” section.
- Once you have your recipes determined, go through each recipe for ingredient lists and compare with whatever you have already in your fridge or pantry. Add any ingredients you don’t have to your grocery list.
- Make sure to go through lunches, and breakfasts for the week as well and add any pantry or fridge staples your family needs.
- Head to the store and follow your list for less food waste, less weekly dinner stress and increased savings by only buying what you need!