HEALTH meets FOOD™

Building a Shopping List

Plan out all your meals for the week and write down what you need. Group the list by where each item is found in the store to make shopping faster and easier. Remember you can use some of the same ingredients for multiple dishes. To keep things simple, pick a few go-to recipes and meals you can cycle through. Make sure to keep staples on hand and check what you already have before buying more.

PRODUCE	
ITEM	AMOUNT

MEAT/SEAFOOD	
ITEM	AMOUNT

DAIRY	
ITEM	AMOUNT

DRY GOODS	
ITEM	AMOUNT

FROZEN	
ITEM	AMOUNT

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