



Grocery List

www.FoodHero.org



Vegetables and Fruits

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Breads, Rice and Pasta

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Other

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Milk, Yogurt and Cheese

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Beans and Canned Food

- _____
- _____
- _____
- _____
- _____
- _____

Meat, Poultry, Seafood, Eggs

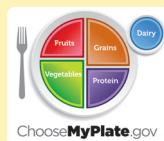
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Frozen Food

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Weekly Meal Planner

- Monday** _____
- Tuesday** _____
- Wednesday** _____
- Thursday** _____
- Friday** _____
- Saturday** _____
- Sunday** _____



Oregon State University

Extension Service