

BIWEEKLY GROCERY SCHEDULE

Month / Period: _____

Budget Goal: \$ _____

WEEK	SHOPPING DATE	PRIMARY STORE	MAJOR NEEDS / BULK ITEMS
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Week 1

Week 2

Mid-cycle: Fill-ins for fresh produce/dairy only

Week 3

Week 4

Mid-cycle: Fill-ins for fresh produce/dairy only

Pantry Essentials Check

- Grains (Rice, Pasta, Quinoa)
- Canned Goods (Beans, Tomato)
- Baking (Flour, Sugar, Oils)
- Spices & Seasonings
- Snacks & Coffee/Tea

Household / Cold Check

- Frozen Proteins/Veg

- Cleaning Supplies
- Paper Products
- Personal Care
- Pet Food/Supplies

Notes / Recipe Planning