

# MONTHLY GROCERY LIST

Plan. Shop. Nourish.

**MONTH:** \_\_\_\_\_

## **FRESH PRODUCE**

Leafy Greens  
Fruits (Seasonal)  
Root Vegetables  
Alliums (Garlic/Onion)  
Herbs

## **DAIRY & PROTEINS**

Milk / Alt-Milk  
Eggs  
Yogurt / Cheese  
Meat / Poultry  
Fish / Seafood

## **PANTRY STAPLES**

Grains / Rice / Pasta  
Canned Beans / Soups  
Baking Supplies  
Oils & Vinegars  
Spices & Seasoning

## **FROZEN & MISC**

Frozen Veg/Fruit  
Easy Meals  
Coffee / Tea  
Paper Products  
Cleaning Supplies

## **MONTHLY GOALS / NOTES**

Inventory Check: Weekly | Budget Cap: \$\_\_\_\_\_