

# Printable Grocery List

Organize your weekly shopping by category and check items off as you go.

Week of \_\_\_\_\_

Store \_\_\_\_\_

## Produce

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## Meat & Seafood

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## Dairy & Eggs

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## Pantry

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## Frozen

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## Bakery

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## Household

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## Personal Care

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### Before you shop

- Check fridge, freezer, and pantry
- Add missing ingredients from your meal plan
- Group items by category
- Mark staples you buy every week

