

# Grocery List

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Creating a list for grocery shopping can make the trip to the store much more efficient and maybe even enjoyable (okay maybe tolerable)! Using a grocery list helps to keep you organized, which can make the trip easy and quick. A list can ensure you purchase what you need, and avoid items you would rather not include in your cart. Regularly using a list can help with staying up to date with your food inventory at home, and limit food waste. A grocery list can also help with the meal planning process to ensure you have everything you need for your meals planned ahead. And keeping a running list can help with staying on top of your food inventory as you continue to add items to your list when you're low or run out.

Below is a sample of a grocery list. This might help give you ideas on creating one that works for you and your lifestyle as we all have different needs any preferences when it comes to nutrition and health goals.

Weekly Grocery List - Date: _____ Budget for the week: \$ _____ Total spent: \$ _____			
<b>Vegetables: 2-3 per week</b> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<b>Fruit: 2-3 per week</b> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<b>Dairy</b> <input type="checkbox"/> milk <input type="checkbox"/> cheddar cheese <input type="checkbox"/> Greek yogurt <input type="checkbox"/> _____	<b>Grains</b> <input type="checkbox"/> whole wheat bread <input type="checkbox"/> rolled oats <input type="checkbox"/> pasta <input type="checkbox"/> _____
<b>Proteins</b> <input type="checkbox"/> fish <input type="checkbox"/> chicken breast <input type="checkbox"/> eggs <input type="checkbox"/> cottage cheese <input type="checkbox"/> _____	<b>Drinks</b> <input type="checkbox"/> coffee beans <input type="checkbox"/> Earl grey tea <input type="checkbox"/> Bubbly <input type="checkbox"/> _____ <input type="checkbox"/> _____	<b>Snacks</b> <input type="checkbox"/> popcorn <input type="checkbox"/> peanut butter <input type="checkbox"/> almonds <input type="checkbox"/> _____ <input type="checkbox"/> _____	<b>Sauces</b> <input type="checkbox"/> pasta sauce <input type="checkbox"/> tomato paste <input type="checkbox"/> mustard <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Dogs</b> <input type="checkbox"/> dog food <input type="checkbox"/> dog treats <input type="checkbox"/> _____ <input type="checkbox"/> _____	<b>Baby</b> <input type="checkbox"/> diapers <input type="checkbox"/> baby wipes <input type="checkbox"/> _____ <input type="checkbox"/> _____	<b>Cleaning supplies</b> <input type="checkbox"/> napkins <input type="checkbox"/> toilette paper <input type="checkbox"/> tissue paper <input type="checkbox"/> _____	<b>Soap</b> <input type="checkbox"/> Dishwasher pods <input type="checkbox"/> Laundry detergent <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>Additional/Misc.</b> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<b>Notes:</b> _____ _____		