

Weekly Shopping Lists Printable

Use these pages to plan grocery trips by week. Print more copies whenever you need them.

Week 1 Shopping List

Produce	Protein / Dairy
Pantry	Flavor / Extras

Week 2 Shopping List

Produce	Protein / Dairy
Pantry	Flavor / Extras

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Week 3 Shopping List

Produce	Protein / Dairy
Pantry	Flavor / Extras

Week 4 Shopping List

Produce	Protein / Dairy
Pantry	Flavor / Extras

Tip: keep this flexible. Cross out what you already have at home and add what your week actually needs.