

Weekly Menu and Shopping List

Week of: _____

Weekly Menu

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B:							
L:							
D:							

Weekly Shopping List

Vegetables		Fruit		Meat		Frozen Foods	
Asparagus		Apples		Beef: ground		Desserts:	
Avocados		Bananas		Beef: ribs		Dinners:	
Broccoli		Blueberries		Beef: roast		Ice Cream:	
Cabbage		Cantaloupe		Beef: short ribs		Juice:	
Carrots		Cherries		Beef: steaks		Juice:	
Cauliflower		Grapefruit		Chicken: boneless		Juice:	
Celery		Grapes		Chicken: breasts		Veg: broccoli	
Cucumbers		Lemons		Chicken: legs		Veg: corn	
Eggplant		Limes		Chicken: thighs		Veg: mixed vegetables	
Garlic		Mangos		Chicken: whole		Veg: spinach	
Ginger		Melons		Chicken: wings			
Green Chilies		Oranges		Deli meat:		Dairy	
Green Onions		Peaches		Game Hens		Butter	
Green Peppers		Pears		Hot dogs		Cheese:	
Lettuce		Pineapples		Lamb: chops		Cheese:	
Mushrooms		Plums		Lamb: leg		Cottage Cheese	
Onions		Pomegranate		Pork: bacon		Cream	
Parsley		Raspberries		Pork: chops		Cream Cheese	
Potatoes		Strawberries		Pork: ground		Eggs	
Squash		Tangerines		Pork: roast		Margarine	
Sprouts				Sausage: breakfast		Milk:	
String beans		Seasonings		Sausage: pork		Sour cream:	
Tomatoes		Chili powder		Sausage: turkey		Yogurt:	
Zucchini		Garlic powder		Seafood:		Drinks	
Liquor		Pepper		Seafood:		Juice:	
Beer:		Salt		Turkey: ground		Mixers:	
Brandy		Seasoning salt		Turkey:		Soda:	
Wine:		Soy sauce		Veal: cutlets			
Other:		Vinegar		Veal:			

Weekly Menu and Shopping List (continued)

Weekly Shopping List

Packaged Goods		Baking Goods		Canned Goods		Kitchen Supplies	
Cereal:		Baking soda		Fruit:		Coffee filters	
Chocolate		Baking powder		Fruit:		Dish detergent	
Coffee		Cake mix:		Fruit:		Dishwasher detergent	
Cookies:		Baking chips		Pickles		Foil	
Crackers:		Flour		Refried beans		Freezer bags	
Dried Fruit:		Frosting mix:		Sauce:		Garbage bags	
Noodles:		Honey		Sauce:		Napkins	
Rice:		Nuts		Seafood: clams		Oven cleaner	
Soups:		Oil:		Seafood: tuna		Paper towels	
Stuffing		Shortening		Soup:		Plastic wrap	
Rice		Sugar:		Soup:		Sandwich bags	
Tea				Veg: beans		Trash bags	
		Toiletries		Veg: beets			
Bottled Goods		Conditioner		Veg: corn			
Bar-b-que sauce		Cotton balls		Veg: kidney beans		Cleaning Supplies	
Cocktail sauce		Cotton swabs		Veg: mushrooms		Ammonia	
Jam/Jellies:		Dental floss		Veg: olives		Bathroom cleanser	
Ketchup		Deodorant		Veg: peas		Bleach	
Mayonnaise		Facial tissue		Veg: tomatoes		Broom	
Mustard		Lotion				Cleanser	
Peanut butter		Polish/Remover		Pet Supplies		Distilled water	
Relish		Razor blades		Bird seed		Dust pan	
Salad dressing		Rubbing alcohol		Cat food		Fabric softener	
Salsa		Sanitary napkins		Dog biscuits		Feather duster	
		Shampoo		Dog food		Furniture polish	
		Shaving cream		Fish food		Handwash soap	
Bakery		Tampons		Flea collar		Laundry detergent	
Bagels:		Toilet tissue		Pet shampoo		Mop ends	
Bread:		Toothbrush				Rubber gloves	
Breadsticks:		Toothpaste				Vacuum bags	
Muffins:				Other			
Pastries:							
Pizza dough							
Rolls:							
Tortillas:							