

SHOP YOUR KITCHEN FIRST

A grocery list for meals you will actually make

Next shopping trip: _____ Meals at home before then: _____

1 CHECK WHAT YOU ALREADY HAVE

Write only what you need to use soon

FRIDGE	FREEZER	PANTRY
_____	_____	_____
_____	_____	_____
_____	_____	_____

2 PLAN THE MEALS YOU WILL EAT

Include leftovers and meals away

Meal 1: _____

Meal 2: _____

Meal 3: _____

3 BUY ONLY WHAT IS MISSING

Add an amount, not just an item

ITEM	AMOUNT NEEDED	FOR WHICH MEAL?
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

BEFORE CHECKOUT

☐ Already have it? ☐ Enough meals to use it? ☐ Quantity still right?