

Grocery List

Sorted by aisle so you shop the store once, top to bottom, no backtracking.

SHOPPING DAY _____

STORE _____

Jot each item under its aisle, pencil in a price to stay on budget, and tick the box as it lands in the cart.

PAGE 1 OF 1

Produce

fruits & veggies

☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____

Pantry & Canned

center aisles

☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____

Meat & Seafood

proteins & deli

☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____

Frozen

grab last, keep cold

☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____

Dairy & Eggs

chilled case

☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____

Snacks & Drinks

beverages & treats

☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____

Bakery & Bread

fresh & baked

☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____

Household & Personal

non-food

☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____
☐	_____	\$ _____

Shop with a full stomach and a set list, a quick price beside each item is the easiest way to catch the total before the register does.

BUDGET _____

EST. TOTAL _____

COUPONS / SAVED _____

LEFT IN BUDGET _____