

Grocery List



*Shailafitness.com*

| Vegetables And Fruit         | Meat and Fish                    | Frozen Goods                           |
|------------------------------|----------------------------------|--|
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
| Bread, Tortillas, Coffee/tea | Dairy and Eggs                   | Rice, Pasta, Beans                     |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
| Canned Goods                 | Dry Cereal and Dried Fruits      | Oils and Baking Needs                  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
| Softdrinks, Beer, Wine       | Condiments/Sauces/Jam/Nut Butter | Cleaning/Household Items/Laundry needs |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
| Personal Care/Beauty         | Pet Stuff                        | Baby                                   |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
| Auto/Other                   | Candy, Chocolate                 | Pharmacy/Supplements/Vitamins          |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |
|                              |                                  |  |