



WEEKLY GROCERY LIST



FRUITS AND VEGGIES:



MEATS AND SEAFOODS:



DAIRY & FREEZABLES:



BAKERY & DELI:



CANS & PASTA & CONDIMENTS



CEREALS & BAKING GOODS



TOILETRIES & CLEANING:



ANIMAL FEED & KITCHEN GOODS

NOTES

Budgeted R
Grocery Cost R



MONTHLY GROCERY LIST



FRUITS AND VEGGIES:



MEATS AND SEAFOODS:



DAIRY & FREEZABLES:



BAKERY & DELI :



CANS PASTA & CONDIMENTS:



CEREALS & BAKING GOODS



TOILETRIES & CLEANING:



ANIMAL FEED & KITCHEN GOODS

NOTES

Budgeted R

Grocery Cost R



ORGANIZED SHOPPING LIST



FRESH PRODUCE,
MEATS SEAFOOD
ON OUTER ISLES



CLEANING &
TOILETRIES



ANIMAL FEED &
HARDWARE



KITCHEN GOODS &
PLASTICS



CANS PASTA &
CONDIMENTS &
BAKING:



TEAS COFFEE &
SUGAR RICE



CEREALS & LONG
LIFE PROD.



DAIRY JUICES &
CHEESES BUTTERS
& BAKERIES

NOTES

Budgeted R

Grocery Cost R