



# 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



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**FRUITS AND VEGGIES:**



**MEATS AND SEAFOODS:**



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# 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