

GROCERY LIST

FOODSTUFFS

Vegetables	Condiments / Sauces	Dairy	Meat	Refrigerated	Canned Foods	Baked Goods	Baking
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Parsley	<input type="checkbox"/> BBQ Sauce	<input type="checkbox"/> Butter / Margarine	<input type="checkbox"/> Bacon	<input type="checkbox"/> Bagels	<input type="checkbox"/> White Bean	<input type="checkbox"/> Baking Powder
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Coriander	<input type="checkbox"/> Meat Sauce	<input type="checkbox"/> Cheese / Cream	<input type="checkbox"/> Sausage	<input type="checkbox"/> Chips Dip Sauce	<input type="checkbox"/> Baked Bean	<input type="checkbox"/> Soda
<input type="checkbox"/> Carrots	<input type="checkbox"/> Radish	<input type="checkbox"/> Honey	<input type="checkbox"/> Milk	<input type="checkbox"/> Meat	<input type="checkbox"/> Eggs	<input type="checkbox"/> Canned Tomatoes	<input type="checkbox"/> Bread Crumble
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Portulaca	<input type="checkbox"/> Gam / Jelly	<input type="checkbox"/> Sour Cream	<input type="checkbox"/> Chicken	<input type="checkbox"/> English Muffin	<input type="checkbox"/> olives	<input type="checkbox"/> Cake Mix
<input type="checkbox"/> Celery	<input type="checkbox"/> Okra	<input type="checkbox"/> Mustard	<input type="checkbox"/> Whipped Cream	<input type="checkbox"/> Minced Meat	<input type="checkbox"/> Hummus	<input type="checkbox"/> Canned Meat	<input type="checkbox"/> Pancake Mix
<input type="checkbox"/> Corn	<input type="checkbox"/> Mulukhiyah	<input type="checkbox"/> Ketchup / Hot Sauce	<input type="checkbox"/> Yogurt	<input type="checkbox"/> Minced Chicken	<input type="checkbox"/> Tofu	<input type="checkbox"/> Chicken Broth	<input type="checkbox"/> Cake Icing
<input type="checkbox"/> Cucumber	<input type="checkbox"/> Bell Paper	<input type="checkbox"/> Mayonnaise	<input type="checkbox"/> Laban	<input type="checkbox"/> Hot Dog	<input type="checkbox"/>	<input type="checkbox"/> Meat Broth	<input type="checkbox"/> Chocolate Chips
<input type="checkbox"/> Lettuce	<input type="checkbox"/> Mint	<input type="checkbox"/> Pasta Sauce / Pizza	<input type="checkbox"/>	<input type="checkbox"/> Turkey	<input type="checkbox"/>	<input type="checkbox"/> Vegetable Broth	<input type="checkbox"/> Cacao
<input type="checkbox"/> Mushroom	<input type="checkbox"/> Avocado	<input type="checkbox"/> Bechamel	<input type="checkbox"/>	<input type="checkbox"/>	Vrozen Food	<input type="checkbox"/> Tuna	<input type="checkbox"/> Flour
<input type="checkbox"/> Onion	<input type="checkbox"/> Lemon	<input type="checkbox"/> Salad Sauce	Cheese	<input type="checkbox"/>	<input type="checkbox"/> Burritos	<input type="checkbox"/> Soups	<input type="checkbox"/> Yeast
<input type="checkbox"/> Paper	<input type="checkbox"/>	<input type="checkbox"/> Sour Soya Sauce	<input type="checkbox"/> Blue Cheese	Seafood	<input type="checkbox"/> Fish Sticks	<input type="checkbox"/> Vegetable	<input type="checkbox"/> Sugar
<input type="checkbox"/> Potatoes	<input type="checkbox"/>	<input type="checkbox"/> Sweet Soya	<input type="checkbox"/> Cheder	<input type="checkbox"/> Catfish	<input type="checkbox"/> Fries	<input type="checkbox"/> Hummus	Snacks
<input type="checkbox"/> Spinach	<input type="checkbox"/>	<input type="checkbox"/> Steak Sauce	<input type="checkbox"/> Cream Cheese	<input type="checkbox"/> Crabs	<input type="checkbox"/> Ice Cream	<input type="checkbox"/> Lentil	<input type="checkbox"/> Gummy
<input type="checkbox"/> Tomato	<input type="checkbox"/>	<input type="checkbox"/> Syrup	<input type="checkbox"/> Feta	<input type="checkbox"/> Lobster	<input type="checkbox"/> Pizza	<input type="checkbox"/> Pickles	<input type="checkbox"/> Cookies
<input type="checkbox"/> Zucchini	<input type="checkbox"/>	<input type="checkbox"/> Worcestershire sauce	<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Mussels	<input type="checkbox"/> Vegetable	<input type="checkbox"/>	<input type="checkbox"/> Crackers
<input type="checkbox"/> Rocca	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Mozzarella	<input type="checkbox"/> Oysters	<input type="checkbox"/> Fruits	<input type="checkbox"/>	<input type="checkbox"/> Dried Fruits
<input type="checkbox"/> Garlic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Parmesan	<input type="checkbox"/> Salmon	<input type="checkbox"/> Chicken Nuggets	Babies	<input type="checkbox"/> Soda
Fruits	Spices & Herbs	<input type="checkbox"/> Provolone	<input type="checkbox"/> Ricotta Cheese	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Burger Meat/Chicken	<input type="checkbox"/> Babies Food	<input type="checkbox"/> Energy Drinks
<input type="checkbox"/> Apple	<input type="checkbox"/> Strawberries	<input type="checkbox"/> Basil	<input type="checkbox"/> Sandwich Cheese	<input type="checkbox"/> Tuna	<input type="checkbox"/>	<input type="checkbox"/> Snacks	<input type="checkbox"/> Sparkle Water
<input type="checkbox"/> Banana	<input type="checkbox"/> Pears	<input type="checkbox"/> Black Paper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Diapers	<input type="checkbox"/>
<input type="checkbox"/> Berries	<input type="checkbox"/> Guava	<input type="checkbox"/> Dried Coriander	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Milk	<input type="checkbox"/>
<input type="checkbox"/> Cherry	<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Garlic Powder	Different Groceries	<input type="checkbox"/>	<input type="checkbox"/> Cat Food / Treats	<input type="checkbox"/> Cream / SPF	<input type="checkbox"/> Potato Chips
<input type="checkbox"/> Figs	<input type="checkbox"/> Papayas	<input type="checkbox"/> Ginger Powder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Dog Food / Treats	<input type="checkbox"/> Shampoo	<input type="checkbox"/>
<input type="checkbox"/> Grapes	<input type="checkbox"/> Pineapples	<input type="checkbox"/> Dried Mint	<input type="checkbox"/> Magi	<input type="checkbox"/> Frying Oil	<input type="checkbox"/> Shampoo	<input type="checkbox"/> Wet Tissue	<input type="checkbox"/>
<input type="checkbox"/> Kiwi	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Origano	<input type="checkbox"/> Cereal	<input type="checkbox"/> Dates	<input type="checkbox"/>		
<input type="checkbox"/> Melon	<input type="checkbox"/> Prunes	<input type="checkbox"/> Paprika	<input type="checkbox"/> Coffee	<input type="checkbox"/> Rice	<input type="checkbox"/>		
<input type="checkbox"/> Peache	<input type="checkbox"/> Grapefruits	<input type="checkbox"/> Dried Parsley	<input type="checkbox"/> Tea	<input type="checkbox"/> vinegar	<input type="checkbox"/>		
<input type="checkbox"/> Apricot	<input type="checkbox"/>	<input type="checkbox"/> Paper Flaks	<input type="checkbox"/> Mac & Cheese	<input type="checkbox"/> Pasta	<input type="checkbox"/>		
<input type="checkbox"/> Mango	<input type="checkbox"/>	<input type="checkbox"/> Salt	<input type="checkbox"/> Olive Oil	<input type="checkbox"/>	<input type="checkbox"/>		
<input type="checkbox"/> Orange	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/>			
					Notes		
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S.O.R.T.E.D

GROCERY LIST

HOUSEHOLD

Personal Care	Cleaning Products	Kitchen	Other Stuff	Notes
<input type="checkbox"/> Deodorant	<input type="checkbox"/> Air Freshener	<input type="checkbox"/> Aluminum Foil	<input type="checkbox"/> Car Supplies	• -----
<input type="checkbox"/> Hand Soap	<input type="checkbox"/> Bathroom Cleaner	<input type="checkbox"/> Plastic Warp	<input type="checkbox"/> Batteries	• -----
<input type="checkbox"/> Body Soap	<input type="checkbox"/> Bleach	<input type="checkbox"/> Tissue	<input type="checkbox"/> Charcoal	• -----
<input type="checkbox"/> Cosmetics	<input type="checkbox"/> Detergent	<input type="checkbox"/> Non-Stick Spray	<input type="checkbox"/> Lights Bulbs	• -----
<input type="checkbox"/> Cotton Swap	<input type="checkbox"/> Dishwash	<input type="checkbox"/> Sandwich Paper	<input type="checkbox"/> Magazine / Newspaper	• -----
<input type="checkbox"/> Floss	<input type="checkbox"/> Garbage Bag	<input type="checkbox"/> Freezer Bag	<input type="checkbox"/>	• -----
<input type="checkbox"/> Face Wash	<input type="checkbox"/> Glass Cleaner	<input type="checkbox"/> Wax Paper	<input type="checkbox"/>	• -----
<input type="checkbox"/> Face Tissue	<input type="checkbox"/> Mop	<input type="checkbox"/>		• -----
<input type="checkbox"/> Feminine Products	<input type="checkbox"/> Sponges / Scrubber	<input type="checkbox"/>		• -----
<input type="checkbox"/> Lip Palm	<input type="checkbox"/>			• -----
<input type="checkbox"/> Hair Gel / Spray	<input type="checkbox"/>			• -----
<input type="checkbox"/> Body Cream				• -----
<input type="checkbox"/> Mouth Wash				
<input type="checkbox"/> Shaving Supplies				
<input type="checkbox"/> Shaving Cream				
<input type="checkbox"/> Shampoo / Conditioner				
<input type="checkbox"/> SPF				
<input type="checkbox"/> Toilet Tissue				
<input type="checkbox"/> Toothbrush				
<input type="checkbox"/> Toothpaste				
<input type="checkbox"/>				
<input type="checkbox"/>				

S.O.R.T.E.D

WEEKLY MEAL PLAN

MEALS	GROCERY LIST
SUNDAY	<ul style="list-style-type: none">●●●
MONDAY	<ul style="list-style-type: none">●●●
TUESDAY	<ul style="list-style-type: none">●●●
WEDNESDY	<ul style="list-style-type: none">●●●
TUESDAY	<ul style="list-style-type: none">●●●
FRIDAY	<ul style="list-style-type: none">●●●
SATURDAY	<ul style="list-style-type: none">●●●

Kids' Lunch Box

It's easy now to pack your lunch box, just stick this checklist on your fridge and have fun packing with your kids 🍌

One. The day before school, choose one item from each section and put it on your lunchbox

Two. Put the lunchbox in the fridge overnight

Three. In the morning, add a drink and you're ready to go



protein



fruits



vegetables



carbs

- Turkey
- Chicken
- Meatballs
- Meat
- Tuna
- Hummus
- Nut butter
- Hard-boiled eggs
- Cheese slices
- Dates
- Yogurt
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-
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- Apple
- Pear
- Orange
- Grapes
- Kiwi
- Pineapple
- Mango
- Strawberry
- Melon
- Banana
- Berries
-
-
-

- Carrots
- Bell pepper
- Tomatoes
- Green bean
- Edamame
- Broccoli
- Olives
- Asparagus
- Sweet potatoes
- Celery
- Cucumber
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- Bread
- Toast
- Bagel
- Tortilla
- Pasta
- Rice
- Couscous
- Crackers
- Granola bar
- Rice cake
- Baked chips
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Treats

- Fruit snacks
- Yogurt
- Chocolates
- Pretzels
- Cookies
- Mini cupcake
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Lunch Box Planner



	Sunday	Monday	Tuesday	Wednesday	Thursday
Lunch					
Fruit & veggies					
Snacks					
Treats					

