

GROCERY BUDGET

WEEKLY grocery list

PRODUCE	MEAT & FISH
<ul style="list-style-type: none"> ✓ APPLES ✓ BANANAS ✓ LEMONS ✓ PINEAPPLES ✓ FRUIT / in season or on sale ✓ AVOCADOS ✓ BEETS ✓ CARROTS ✓ CELERY ✓ CUCUMBERS ✓ PARSLEY ✓ POTATOES ✓ ROMAINE ✓ SPINACH / organic ✓ TOMATOES ✓ PEPPERS 	<ul style="list-style-type: none"> ✓ WHOLE CHICKEN / free-range ✓ GROUND BEEF / grass-fed ✓ SALMON / frozen-fresh
	DAIRY
	<ul style="list-style-type: none"> ✓ BUTTER ✓ YOGURT / organic ✓ ASIAGO CHEESE ✓ WHITE CHEDDAR CHEESE ✓ MILK / raw organic from the farm
	GRAIN & NUTS
	<ul style="list-style-type: none"> ✓ WILD RICE / organic ✓ RICE PASTA / organic ✓ OATS ✓ ALMONDS ✓ POPCORN / organic
SWEETENERS & OILS	CLEANING SUPPLIES
<ul style="list-style-type: none"> ✓ OLIVE OIL ✓ 100% MAPLE SYRUP ✓ RAISINS ✓ HONEY 	<ul style="list-style-type: none"> ✓ DISHWASHING LIQUID / 7th Generation ✓ ALL-PURPOSE SPRAY / Full Circle ✓ LAUNDRY DETERGENT / ECOS ✓ KITCHEN SPONGE ✓ PAPER TOWELS ✓ SOFTENER SALT
PERSONAL CARE	
<ul style="list-style-type: none"> ✓ BAR SOAP / Kirk's Castile ✓ TOILET PAPER / 7th Generation 	

MONTHLY grocery list

PRODUCE	GRAIN & NUTS
<ul style="list-style-type: none"> ✓ GARLIC / organic ✓ ONIONS ✓ APPLE CIDER VINEGAR 	<ul style="list-style-type: none"> ✓ RICE FLOUR / organic ✓ PEANUT BUTTER
COFFEE & OILS	CLEANING SUPPLIES
<ul style="list-style-type: none"> ✓ COCONUT OIL / organic ✓ ESPRESSO ✓ COFFEE / organic 	<ul style="list-style-type: none"> ✓ BATHROOM CLEANER ✓ DISHWASHING LIQUID ✓ BLEACH ✓ FURNACE FILTERS ✓ LIGHT BULBS
PERSONAL CARE	
<ul style="list-style-type: none"> ✓ Q-TIPS ✓ SHAMPOO ✓ CONDITIONER ✓ HYDROGEN PEROXIDE 	<ul style="list-style-type: none"> ✓ TOOTHPASTE ✓ TOOTHBRUSHES ✓ FLOSS or PICK BRUSH