



Grocery list

A blank list organized for a faster trip through the store.

HONEYDEW PRINTABLE | 1 OF 2

STORE _____

DATE _____

Produce

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Bakery

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Meat & seafood

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Dairy & refrigerated

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Pantry

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Frozen

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Household

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Other

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



Meals to groceries

HONEYDEW PRINTABLE | 2 OF 2

Choose the meals first, then turn every ingredient into one list.

Meals for the week

Write the meal on the first line and servings or notes on the second.

MON

TUE

WED

THU

FRI

SAT

SUN

Use what you have

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Extras and staples

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The five-minute handoff

- 1 Check the kitchen** Cross off ingredients you already have.
- 2 Match the quantities** Adjust each recipe for the servings you need.
- 3 Combine repeats** Add the amounts for ingredients used in more than one meal.
- 4 Sort by aisle** Copy the final items onto page one in store order.