

Shopping list

*She is like merchant ships; she brings her food from afar.
She rises also while it is still night and gives food to her household
Proverbs 31:14-15*

Vegetables

Fruit

Meat

Fish

Dairy

Juices

Bread/baking

Snacks

Toiletries

Cleaning


Hardware

Condiments/herbs

Rice, legumes, pasta

Specialty

Canned goods

 Tip for success:

*Print out a shopping list at the same time as you sit down to plan your week's menu.
Carry the ingredients that you need to buy onto the list straight away.*

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