

Healthy Eating Grocery List

Romaine
Carrots
Cucumbers
Green peppers
Green onions
Broccoli
Bananas
Salad dressing
Chow Mein Noodles
Laundry Detergent
Napkins
Milk
Eggs

[This is where I will write the meals we are having for the following week; after the grocery shopping is done, I cut the meals list off the grocery shopping page and stick the list on the fridge.]

Friday –
Saturday – Homemade Soup
Sunday – Burritos/Salad
Monday –
Tuesday –
Wednesday – Salad/Fruit/Tortillas or Bread
Thursday –