## Shopping List

| Dry Goods / Groceries / Personal |  |  | Fresh Fruit \& Veggies |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| How Much | Item to Buy | Notes | How Much | Item to Buy | Notes |
| 1-lb | Brown Rice | make sure it is brown rice |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  | Frozen |  |
|  |  |  | How Much | Item to Buy | Notes |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  | Dairy |  |  |  |  |
| How Much | Item to Buy | Notes |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

