Family Shopping List

Week beginning: _____ Food budget: £ _____ Estimated spend: £ _____

Check before shopping

Fridge _____

Freezer _____

Cupboards _____

Use first

_____

_____

_____

Fruit and vegetables

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Fridge and dairy

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Meat, fish and alternatives

- [ ] _____
- [ ] _____
- [ ] _____

Bread and bakery

- [ ] _____
- [ ] _____
- [ ] _____

Cupboard

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Household and other

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Frozen

- [ ] _____
- [ ] _____
- [ ] _____

Snacks and lunchbox items

- [ ] _____
- [ ] _____
- [ ] _____

Preparation reminders

Defrost	Prepare ahead	Batch-cook / save for later
_____	_____	_____
_____	_____	_____

Actual spend: £ _____