TEMPLATE C

Master Grocery List

Use with Chapter 8. Circle what's needed this week. Mark diet-critical items "no substitutions."

Section	Item	Brand and size	Usual quantity	No subs?	This week
Produce					
Dairy and eggs					
Meat, fish, and other protein					
Frozen					
Canned and dry goods					
Bread and grains					
Drinks					
Household and paper					
Special-diet items					

Store or service: _____ Delivery day: _____ Who puts food away: _____