



CHOMP SHOPPER

BEGINNER GROCERY LIST

Your starter list: 5–7 days of meals for 1–2 people.

FREE PRINTABLE

WEEK OF _____

STORE _____

PRODUCE

- | | |
|---------------------------------------|----------|
| ☐ Bananas | 1 bunch |
| ☐ Apples | 3 to 4 |
| ☐ Baby spinach | 5 oz bag |
| ☐ Broccoli | 1 head |
| ☐ Carrots | 1 lb bag |
| ☐ Potatoes | 2 lbs |
| ☐ Tomatoes | 2 to 3 |
| ☐ Onion | 2 medium |
| ☐ Garlic | 1 bulb |

MEAT & SEAFOOD

- | | |
|---|-------|
| ☐ Chicken breast or thighs | 2 lbs |
| ☐ Ground beef or turkey | 1 lb |

DAIRY & EGGS

- | | |
|--|-----------------|
| ☐ Eggs | 12-count carton |
| ☐ Milk | ½ gallon |
| ☐ Butter | 1 stick |
| ☐ Shredded cheddar cheese | 8 oz |
| ☐ Plain Greek yogurt | 32 oz |

PANTRY & SPICES

- | | |
|--|-----------------|
| ☐ Rolled oats | 18 oz container |
| ☐ Pasta | 16 oz box |
| ☐ Peanut butter | 1 jar |

BAKERY

- | | |
|---|--------|
| ☐ Sandwich bread | 1 loaf |
|---|--------|

FROZEN

- | | |
|--|-----------|
| ☐ Frozen peas or corn | 16 oz bag |
| ☐ Frozen berries (smoothies, oatmeal) | 12 oz bag |

CANNED & JARRED

- | | |
|---|--------|
| ☐ Canned tuna in water | 2 cans |
| ☐ Canned black or kidney beans | 2 cans |
| ☐ Canned diced tomatoes | 2 cans |
| ☐ Pasta sauce | 1 jar |

YOUR FIRST TRIP

- 1 Check your kitchen first** Save 15–20%
Look in the fridge, freezer and pantry.
- 2 Cross off what you have**
Only buy what's missing.
- 3 Shop the perimeter first**
Produce, proteins and dairy line the edges.
- 4 Stick to the list**
30-second rule: put impulse buys back.

PANTRY STAPLES TO HAVE ON HAND

Buy once, then restock as needed.

- | | | |
|---|---|--|
| ☐ Olive or vegetable oil | ☐ Salt and black pepper | ☐ Garlic (fresh bulb) |
| ☐ Onions | ☐ Dried pasta (spaghetti or penne) | ☐ White or brown rice |
| ☐ Canned diced tomatoes | ☐ Chicken or vegetable broth | ☐ All-purpose flour |
| ☐ Sugar | ☐ Baking powder | ☐ Soy sauce |
| ☐ Vinegar (white or apple cider) | ☐ Honey or maple syrup | |

TIPS FOR BEGINNER GROCERY SHOPPING

Choose versatile ingredients

Chicken thighs and eggs work across lots of meals.

Sort by store section

A list in store order means less backtracking.

Adjust as you go

Quantities are a starting point. Tweak for your appetite.