



CHOMP SHOPPER

FAMILY GROCERY LIST

Everything for a week, serves 4. Breakfasts, lunches, snacks & dinners.

FREE PRINTABLE

WEEK OF _____

BUDGET _____

PRODUCE

- | | |
|--|-----------|
| ☐ Apples | 5 lb bag |
| ☐ Bananas | 2 bunches |
| ☐ Carrots | 2 lb bag |
| ☐ Potatoes | 5 lbs |
| ☐ Broccoli | 2 heads |
| ☐ Romaine lettuce | 2 heads |
| ☐ Tomatoes | 4 to 5 |
| ☐ Cucumber | 2 |
| ☐ Celery | 1 bunch |
| ☐ Onions | 3 lb bag |
| ☐ Garlic | 2 bulbs |

MEAT & SEAFOOD

- | | |
|--|------------------------|
| ☐ Whole chicken or bone-in thighs | 4 to 5 lbs |
| ☐ Ground beef | 2 lbs (80/20 or 85/15) |
| ☐ Deli turkey or ham | ½ lb (for sandwiches) |

DAIRY & EGGS

- | | |
|---|-------------------------------|
| ☐ Eggs | 18-count carton |
| ☐ Whole milk | 1 gallon |
| ☐ Butter | 2 sticks |
| ☐ Shredded cheddar | 16 oz bag |
| ☐ Cheddar or American slices | 12-count pack |
| ☐ Yogurt cups | 6-pack (kids' or family size) |
| ☐ Sour cream | 16 oz |

CONDIMENTS

- | | |
|--------------------------------|------------------------|
| ☐ Salsa | 1 jar (medium or mild) |
|--------------------------------|------------------------|

PANTRY & SPICES

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|--|---------------------------|
| ☐ Pasta | 2 lbs (spaghetti + penne) |
| ☐ Rice | 5 lbs |
| ☐ Chicken or beef broth | 2 cartons |

BAKERY

- | | |
|--|------------------|
| ☐ Sandwich bread | 2 loaves |
| ☐ Hamburger or hot dog buns | 1 pack |
| ☐ Flour tortillas | 1 pack (8-count) |

FROZEN

- | | |
|---|----------------------------------|
| ☐ Corn | 4 to 6 ears (or 1 lb frozen bag) |
| ☐ Frozen mixed vegetables | 2 bags (16 oz each) |
| ☐ Frozen pizza | 1 to 2 (for easy nights) |
| ☐ Frozen waffles or pancakes | 1 box |

CANNED & JARRED

- | | |
|--|--------|
| ☐ Canned tuna in water | 4 cans |
| ☐ Canned black beans | 4 cans |
| ☐ Canned diced tomatoes | 3 cans |
| ☐ Pasta sauce | 2 jars |
| ☐ Canned corn | 2 cans |

SNACKS

- | | |
|--|------------------------------------|
| ☐ Crackers | 1 box (Ritz, Goldfish, or similar) |
| ☐ Granola bars | 1 box (6-count) |
| ☐ Microwave popcorn | 1 box |
| ☐ Pretzels or chips | 1 bag |

PANTRY STAPLES TO KEEP ON HAND

Check what you're low on before you shop.

- | | | |
|--|--|--|
| ☐ Pasta (multiple shapes) | ☐ White and brown rice | ☐ All-purpose flour |
| ☐ Sugar and brown sugar | ☐ Canned diced tomatoes | ☐ Chicken or beef broth |
| ☐ Olive oil and vegetable oil | ☐ Peanut butter | ☐ Rolled oats |
| ☐ Baking powder and baking soda | ☐ Soy sauce | ☐ Ketchup and mustard |
| ☐ Hot sauce | ☐ Vanilla extract | |

EXTRAS

☐☐

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Quantities are for 4 people for one week. Adjust for your kids' ages and appetites.