





GROCERY SHOPPING LIST TEMPLATE

Use this template to help determine what types and amounts of foods you will need for healthy, balanced meals throughout the week.

GRAIN, BREADS, AND STARCHES	
	
Daily servings: 6 or more Weekly servings: 42 or more	
Food	Amount
<i>Example:</i> Multigrain bread	1 loaf

MILK AND DAIRY	
	
Daily servings: 2 to 3 Weekly servings: 14 to 21	
Food	Amount
<i>Example:</i> Skim milk	1 gallon

VEGETABLES	
	
Daily servings: 3 to 5 Weekly servings: 21 to 35	
Food	Amount
<i>Example:</i> Broccoli	2 heads

FRUITS	
	
Daily servings: 2 to 4 Weekly servings: 14 to 28	
Food	Amount
<i>Example:</i> Small apples	6

MEAT AND POULTRY



Daily servings: 2 to 3
Weekly servings: 14 to 21

Food	Amount
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<i>Example:</i> Skinless chicken breasts	4 - 5
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FATS AND SWEETS



Daily servings: use sparingly
Weekly servings: use sparingly

Food	Amount
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<i>Example:</i> gingersnap cookies	1 sm. box
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