

# Make a Grocery List



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Stay organized with a grocery list to avoid buying items you don't really need.

- 1. Use your list of weekly meals.** Create a list of foods and beverages you will need to buy to make the meals in your weekly plan. Don't forget to include foods like fruits, vegetables, and milk that might not be part of a recipe but are basics for healthy eating.
- 2. Organize your list.** Make shopping quick and easy by

organizing your list into different sections or food groups. For a free template, try the [Create a Grocery Game Plan: Grocery List](#).

- 3. Add foods as you go.** Keep an ongoing grocery list in your kitchen or on a free mobile app, and add items as you run out. Some mobile apps allow you to sync grocery lists with others in your household.

