IRONHEART GROCERY SHOPPING LIST

TIP: Don't go to the grocery store hungry and only buy off of your list!

BUDGET: $ _____

FIND MORE TIPS AT:
www.IRON-HEART.com

VEGETABLES (GREEN)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FRUITS (PURPLE)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PROTEIN (RED)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

CARBOHYDRATES (YELLOW)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

HEALTHY FATS AND CHEESES (BLUE)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DAIRY (RED)

- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____
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NUTS & SEEDS (ORANGE)

- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____
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- ☐ _____
- ☐ _____
- ☐ _____

OILS / NUT BUTTERS (TEASPOON)

- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____

NUTS / DRESSINGS (ORANGE)

- ☐ _____
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- ☐ _____

FREE ITEMS

- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____
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- ☐ _____
- ☐ _____
- ☐ _____

HOUSEHOLD ITEMS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____
- ☐ _____
- ☐ _____