Worked example - ticked items are the ones needed this week

Shopping list - tick what you need

Shop: Weekly supermarket shop Date: 14/11/2026

Meals planned Pasta bake, fish pie, curry

Extras Birthday card

Fruit and veg

- [x] Apples
- [x] Bananas
- [ ] Berries
- [ ] Oranges
- [x] Potatoes
- [x] Onions
- [x] Carrots
- [ ] Salad
- [ ] Tomatoes
- [ ] Peppers
- [ ] Broccoli
- [x] Mushrooms

Bread, dairy and eggs

- [x] Bread
- [ ] Wraps or rolls
- [x] Milk
- [ ] Butter or spread
- [x] Cheese
- [ ] Yogurt
- [x] Eggs
- [ ] Cream
- [ ]

Meat, fish and frozen

- [x] Chicken
- [ ] Mince
- [ ] Sausages
- [ ] Bacon
- [x] Fish
- [ ] Vegetarian options
- [x] Frozen veg
- [ ] Frozen chips
- [ ] Ice cream

Cupboard

- [x] Pasta
- [ ] Rice
- [x] Cereal
- [ ] Flour and sugar
- [x] Tinned tomatoes
- [ ] Tinned beans
- [ ] Stock cubes
- [ ] Cooking oil
- [ ] Herbs and spices
- [x] Tea and coffee
- [ ] Biscuits and snacks
- [ ] Squash and juice

Household and personal

- [x] Washing-up liquid
- [ ] Laundry detergent
- [x] Toilet roll
- [ ] Kitchen roll
- [x] Bin bags
- [ ] Cleaning spray
- [ ] Toothpaste
- [ ] Shampoo
- [ ] Soap or shower gel

Anything else

Birthday card for Grandma

AA batteries

Dog treats

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How to use this template

A shopping list with common items already printed. Walk round the kitchen with a pen and tick what you need, then add anything else at the bottom.

1. **Check the kitchen.** Open the fridge, freezer and cupboards and tick what you are running low on.
2. **Add extras.** Write anything not on the list in the boxes at the end of each section.
3. **Tick off in the shop.** Put a line through each item as it goes in the trolley.