Worked example - a weekly shop. Write your own list in each box.

Shopping list

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

Fruit and veg

- Bananas
- Apples
- Carrots
- Salad bag
- Potatoes

Meat, fish and alternatives

- Chicken thighs
- Mince
- Fish fingers
- Sausages

Frozen

- Peas
- Oven chips
- Ice cream

Drinks and snacks

- Orange squash
- Teabags
- Crackers

Toiletries and baby

- Toothpaste
- Shampoo

Bread and bakery

- Wholemeal loaf
- Wraps

Dairy and eggs

- Milk x 4
- Eggs
- Cheddar
- Yogurts

Cupboard and tins

- Pasta
- Rice
- Tinned tomatoes x 3
- Baked beans

Cleaning and household

- Washing-up liquid
- Bin bags
- Kitchen roll

Other

- Birthday card for Grandma
- Batteries (AA)

Worked example - a weekly shop. Write your own list in each box.

How to use this template

A shopping list sorted by section saves you walking back and forth round the shop. Write items in the box that matches where you will find them.

1. **Check the cupboards first.** Look in the fridge, freezer and cupboards before you write anything down.
2. **Write by section.** Use the boxes that match the layout of your usual shop.
3. **Add a meal plan if it helps.** Write down the meals for the week and add what you need for each one.
4. **Tick or cross off as you shop.** Keep a pen with the list.