

Grocery List Template

Use this template to ﬁll in your weekly grocery list. Some examples of GO and SLOW foods are included to help you. Print this sheet before every shopping trip and use it to help you pick healthier items for your family.

|  |  |
| --- | --- |
| Fruits and Vegetables | Breads, Rice, Cereal, Pasta |
| **GO:** Apples | **GO:** Whole grain bread |
| **GO:** Spinach | **GO:** |
| **GO:** | **GO:** |
| **GO:** | **GO:** |
| **GO:** | **GO:** |
| **GO:** | **GO:** |
| **GO:** | **GO:** |
| **GO:** | **GO:** |
| **GO:** | **GO:** |
| **GO:** | **SLOW:** White rice |
| **GO:** | **SLOW:** |
| **GO:** | **SLOW:** |
| **GO:** | **SLOW:** |
| **GO:** | **SLOW:** |
| **GO:** | **SLOW:** |
| **GO:** | **SLOW:** |
| Meat, Poultry, Fish, Eggs, Beans and Nuts | Milk, Cheese, Yogurt |
| **GO:** Chicken breasts | **GO:** Low-fat or fat-free yogurt |
| **GO:** | **GO:** Fat-free milk |
| **GO:** | **GO:** |
| **GO:** | **GO:** |
| **SLOW:** Whole eggs | **GO:** |
| **SLOW:** | **SLOW:** |
| **SLOW:** | **SLOW:** |
| Packaged Foods | Fats, Oils, Sugar |
| **GO:** Canned pineapple in its own juice | **SLOW:** Olive oil |
| **GO:** Black beans | **SLOW:** |
| **GO:** | **SLOW:** |
| **GO:** | **SLOW:** |
| **GO:** | **SLOW:** |
| **SLOW:** Frozen pizza | **SLOW:** |
| **SLOW:** | **SLOW:** |
| **SLOW:** | **Other (household items)** |
| **SLOW:** |  |
| **SLOW:** |  |

