

WEEKLY GROCERY LIST

FRUITS	VEGETABLES
DAIRY (Milk, Yogurt, Cheese)	GRAINS (Breads, Pastas, Rice, Cereals)
PROTEIN (Meat, Seafood, Beans, Peas, Nuts, Eggs)	OTHER

NOTES:



Lista Semanal De Compras

FRUTAS	VERDURAS
LECHERÍA (Leche, yogur, queso)	GRANOS (Panes, Pastas, Arroces, Cereales)
PROTEÍNA (Carne, Mariscos, Frijoles, Guisantes, Nueces, Huevos)	OTRA

NOTAS:



LINGGUHANG LISTAHAN NG GROCERY

MGA BUNGA	GULAY
DAIRY (Gatas, yogurt, keso)	MGA BUTIL (Tinapay, Pastas, Kanin, Cereal)
PROTINA (Karne, pagkaing dagat, beans, gisantes, mani, itlog)	IBA PA
MGA TALA:	



