

Fridge Shit

AS OF: _____



What I have: Amount: Use By:

A series of horizontal dashed lines for writing.

Freezer Shit

AS OF: _____



What I have: Amount: Use By:

A series of horizontal dashed lines for writing.

Pantry Shit

AS OF: _____



What I have: Amount: Use By:

A series of horizontal dashed lines for writing.

Spices & Shit

AS OF: _____



What I have: Amount: Use By:

A series of horizontal dashed lines for writing.

Shit to Make

WEEK OF: _____



What I have:

How to Use:

Shit to Buy

Meats/Cheese:

Veggies:

Other:

Shit to Keep on Hand



Pantry:

FLOUR
SUGAR
BAKING SODA
BAKING POWDER
BREAD CRUMBS
CANNED BEANS
CANNED CORN
CANNED CHICKEN
CANNED TUNA
BREAD
TORTILLAS
RICE
PASTA
POTATOES
ONIONS

NUT BUTTER
HONEY
TEA
OATS
MANDARIN ORANGES
COFFEE

Spices & Shit:

GARLIC POWDER
ONION POWDER
CHILI POWDER
CUMIN
LEMON PEPPER
ITALIAN SEASONING
STEAK SEASONING BLEND
PARSLEY
CINNAMON
SALT
PEPPER
VEGETABLE OIL
OLIVE OIL
SESAME OIL

PAPRIKA
RED PEPPER FLAKES
POULTRY SEASONING
SESAME SEEDS
CHIA SEEDS

Fridge:

APPLES
CUCUMBER
LETTUCE
BERRIES
GRAPES
BANANAS
CARROTS
CELERY
MUSHROOMS
TOMATO
KETCHUP
MUSTARD
MINCED GARLIC
SALAD DRESSING
CREAMER
MAYO
EGGS
MILK
PICKLES
BUTTER
YOGURT
DELI MEATS
TOFU
CREAM CHEESE

Freezer:

CHICKEN BREAST
GROUND BEEF
MIXED VEGETABLES
BREAKFAST SAUSAGE
FRUITS
ICE CREAM
SHRIMP
TATER TOTS

Other Shit:

SOY SAUCE
RICE VINEGAR
APPLE CIDER VINEGAR
WHITE VINEGAR
SYRUP
COCOA
CHOCOLATE CHIPS
CORNSTARCH
YEAST
BOUILLON/BROTHS