The Complete Grocery-List Check

Buy the missing ingredients for an agreed plan.

A useful shopping list starts with an honest kitchen check and ends with quantities, a spending boundary, and clear substitutions.

01 Define what this trip covers

Decide the meals and the number of evenings before making the list.

Dates / meals covered by the trip

Meals we have agreed to make

Ingredients we already have

Dietary needs / required item details

02 Write the missing items clearly

Use quantities and store groups so another adult can shop without reconstructing the plan.

Item	Missing ingredient	Quantity to buy	Store group / aisle
Item 1			
Item 2			
Item 3			
Item 4			
Item 5			

The Complete Grocery-List Check / Review & follow-through

03 Agree on the boundary

Use your household's actual plan; this sheet does not supply local prices.

Agreed spending limit ($)

Shopper and trip time

Approved substitutions

Item to discuss before substituting

04 Check the result before the next trip

Use the receipt and the remaining ingredients to improve the next list.

Needed item we missed

Unplanned item we added

Purchase not used as expected

One correction for the next list