

EAT MOVE GROOVE

Kitchen Inventory Sheet

<u>Produce</u>	FRESH	REFRIGERATED	FROZEN	IN THE PANTRY	GROCERY LIST
RED					
ORANGE/ YELLOW					
GREEN					
WHITE/ LIGHT GREEN					
BLUE/ PURPLE					

Proteins

FRESH	REFRIGERATED	FROZEN	IN THE PANTRY	GROCERY LIST

Grains and Starches

FRESH	REFRIGERATED	FROZEN	IN THE PANTRY	GROCERY LIST

Healthy Fats

FRESH	REFRIGERATED	FROZEN	IN THE PANTRY	GROCERY LIST

Other: