EAT MOVE GROOVE

Kitchen Inventory Sheet

Produce	FRESH	REFRIGERATED	FROZEN	IN THE PANTRY	GROCERY LIST
RED					
ORANGE/ Yellow					
GREEN					
WHITE/ LIGHT GREEN					
<mark>blue</mark> / Purple					

Proteins

FRESH	REFRIGERATED	FROZEN	IN THE PANTRY	GROCERY LIST

Grains and Starches

REFRIGERATED	FROZEN	IN THE PANTRY	GROCERY LIST
	REFRIGERATED	REFRIGERATED FROZEN	REFRIGERATED FROZEN IN THE PANTRY Image: Construction of the pant o

Healthy Fats

FRESH	REFRIGERATED	FROZEN	IN THE PANTRY	GROCERY LIST

Other: