Three snack boxes from one grocery list

Printable three-box shopping and packing plan. No purchase or signup required.

Choose three combinations

Plan fruit with yogurt, vegetables with hummus, and cheese with crackers. List overlapping ingredients before shopping so each purchase has more than one use.

Prepare separate components

Wash produce and dry it well. Cut ingredients on clean surfaces. Put dips in their own food-safe cups and keep crackers in a dry container until eating.

Pack one box at a time

Use the printable to tick off each combination. Start with a small serving and keep extra ingredients refrigerated for another snack.

YOUR PLAN

Box _____

Produce _____

Dip or protein _____

Dry crunch _____

Shopping quantity _____

Planning aid. Follow actual product labels and the safety notes in the full guide.