



shopping list

Add your regulars to our master list.

fruit and veg

- ☐ apples
- ☐ avocados
- ☐ bananas
- ☐ broccoli
- ☐ carrots
- ☐ cucumber
- ☐ garlic
- ☐ grapes
- ☐ kiwifruit
- ☐ lettuce
- ☐ mushrooms
- ☐ onions
- ☐ potatoes
- ☐ spring onions
- ☐ tomatoes
- ☐
- ☐
- ☐
- ☐

meat

- ☐ beef
- ☐ chicken
- ☐ fish
- ☐ lamb
- ☐
- ☐

dairy

- ☐ milk
- ☐ reduced-fat cream cheese
- ☐ reduced-fat sour cream
- ☐ reduced-fat spread
- ☐ yoghurt
- ☐
- ☐
- ☐

grocery

- ☐ breakfast cereals
- ☐ canned fish
- ☐ canned fruit
- ☐ canned tomatoes
- ☐ dried fruit
- ☐ flour
- ☐ herbs/spices
- ☐ honey
- ☐ nuts
- ☐ oil
- ☐ pasta
- ☐ pasta sauce
- ☐ peanut butter
- ☐ rice
- ☐ rolled oats
- ☐ salad dressings
- ☐ soup mix
- ☐ soy sauce
- ☐ stock
- ☐ sugar
- ☐ sweet chilli sauce
- ☐ tomato sauce
- ☐ vinegar

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frozen foods

- ☐ frozen peas
- ☐ frozen beans
- ☐ ice cream
- ☐
- ☐
- ☐

deli

- ☐ bacon (lean)
- ☐ hummus
- ☐ olives
- ☐ sliced meat
- ☐
- ☐
- ☐

cleaning

- ☐ bleach
- ☐ cream cleanser
- ☐ detergent
- ☐ dishwasher detergent
- ☐ paper towels
- ☐
- ☐
- ☐

health and beauty

- ☐ shampoo
- ☐ conditioner
- ☐ dental floss
- ☐ deodorant
- ☐ tissues
- ☐ toilet paper
- ☐ toothpaste
- ☐
- ☐
- ☐
- ☐