

GROCERY SHOPPING LIST *Mums Make Lists*

1. DAIRY

Milk

Eggs

Butter

Cheese

Yogurt

2. MEAT/PROTEIN

Chicken/poultry

Red meat

White fish

Oily fish

Charcuterie

Tofu

3. PRODUCE

Potatoes

Carrots

Onions

Garlic

4. CANNED & DRIED

PRODUCE

Chopped tomatoes

Soup

Pulses

Fruit, nuts, and seeds

5. BAKING

Sugar

Flour: self-raising & plain

Baking powder

Vanilla extract

6. CONDIMENTS/PRESERVES

Salt

Pepper

Cooking oil

Vinegar

Honey

Stock cubes

Herbs:

Mixed herbs

Basil

Oregano

Coriander

Spices:

Chilli powder

Paprika

Cumin

Cinnamon

Ginger

Nutmeg

7. FREEZER

Peas

Mixed vegetables

Fish fingers

8. BREAD/PASTA/GRAINS

Pasta

Rice

Bread

Breakfast cereal