

grocery list

PRODUCE

- 3kg/6lb Potatoes
- 3kg/6lb Carrots
- 3kg/6lb Butternut Squash
- 2kg/4lb Onions
- 2 Heads Garlic
- 1 Bunch Celery
- 4 Bell Peppers
- 250g/½lb mushrooms
- 2 Avocados
- 1kg/2lb Apples
- 1kg/2lb Bananas
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PROTEIN

- 3lb/1.5kg Chicken Breasts
- 2lb/1kg Ground Beef
- 1½lb/750g Rump Steak
- 2lb/1kg Stewing Beef
- 1 pack Sandwich Ham
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PANTRY

- 2lb/1kg Rice
- 3 cans Chopped Tomatoes
- 2 cans Chickpeas
- 1 can Coconut Milk
- 1lb/500g Spaghetti
- 2lb/1kg Rolled Oats
- 4 large Tortillas/Wraps
- Beef stock cubes
- 15oz/400g Mayonnaise
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BAKERY

- 2 loaves sliced White Bread
- 4 Burger Buns
- Crusty Bread
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DAIRY

- 1lb/500g Salted Butter
- Half gallon/2l Milk
- 1 pint/500ml Heavy Cream
- 21oz/600g Cheddar Cheese
- 2lb/1kg Greek Yogurt

PANTRY

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OTHER

- 1lb/500g Frozen Peas
- 18 Eggs
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