

grocery list

PRODUCE

- ☐ 4lb/2kg Onions
- ☐ Garlic
- ☐ 1 bunch celery
- ☐ 6lb/3kg Carrots
- ☐ 8 x Bell peppers
- ☐ 4 x Large Potatoes
- ☐ 1 head lettuce
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

PANTRY

- ☐ 1lb/500g Lasagna Sheets
- ☐ 30fl oz/750g Mayonnaise
- ☐ 2lbs/1kg Rolled oats
- ☐ 1 can Baked beans
- ☐ 8 cans Chopped tomatoes
- ☐ 4lb/2kg Jasmine rice
- ☐ Honey
- ☐ Dijon mustard
- ☐ 1lb/500g Short pasta
- ☐ Basmati rice
- ☐ Stock cubes
- ☐ 1 can corn
- ☐ 1 can kidney beans
- ☐ Soy sauce/stir fry sauce
- ☐ 2lb/1kg flour
- ☐
- ☐

☐

☐

☐

☐

☐

☐

PROTEIN

- ☐ 6lb/3kg Chicken pieces
- ☐ 1lb/500g Bacon
- ☐ 2lb/1kg Ground beef mince
- ☐ 3 cans Tuna
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

BAKERY

- ☐ 2 x White bread
- ☐ Bread dough
- ☐
- ☐
- ☐

DAIRY

- ☐ 21oz/600g Mozzarella
- ☐ 21oz/600g Cheddar
- ☐ 32oz/1kg Greek yogurt
- ☐ 4 litres Milk
- ☐ 1 cup/250ml sour cream

FROZEN

- ☐ 2lb/1kg Frozen Peas
- ☐ 12 oz/350g Frozen berries
- ☐
- ☐
- ☐

OTHER

- ☐ 30 Eggs
- ☐
- ☐
- ☐