

grocery list

PRODUCE

- ☐ 4kg/8lb Potatoes
- ☐ 2kg/4lb Onions
- ☐ 2kg/4lb Carrots
- ☐ 2 heads garlic
- ☐ 1kg/2lb Tomatoes
- ☐ 500g/1lb green beans
- ☐ 4 corn on the cob
- ☐ 2 English Cucumbers
- ☐ 2 Avocados
- ☐ 1kg/2lb Bananas
- ☐ 4 lemons
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

PANTRY

- ☐ 500g/1lb Spaghetti
- ☐ 2kg/4lb Rice
- ☐ 1kg/2lb Rolled oats
- ☐ Mayonnaise
- ☐ 2 Bottles Tomato Passata
- ☐ Calamata olives
- ☐ Peanut butter
- ☐ Strawberry jam
- ☐ Chilli crunch/chilli crisp
- ☐ Stock cubes
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐ Short pasta of your choice

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PROTEIN

- ☐ 8x Bone-in chicken thighs
- ☐ 8x Pork sausages
- ☐ 1x Whole chicken
- ☐ 500g/1lb ground beef/beef mince
- ☐ 1kg/2lb boerewors/sausage
- ☐ 4 Burger patties
- ☐ 4 Cans tuna
- ☐ 100g Salami
- ☐ 30 Eggs

BAKERY

- ☐ 4 Hamburger Buns
- ☐ 8 Hotdog buns
- ☐ Garlic bread
- ☐ 2x loaves bread
- ☐

DAIRY

- ☐ 2liters Milk
- ☐ 600g/21oz Cheddar cheese
- ☐ 600g/21oz Mozzarella cheese
- ☐ 250ml/half pint heavy cream
- ☐ 100g/3oz Feta cheese

FROZEN

- ☐ 750g/1½ lb Frozen peas
- ☐
- ☐
- ☐
- ☐

OTHER

- ☐
- ☐
- ☐
- ☐