

Weekly Grocery Shopping List

<p>Freezer Peas Corn Spinach Oven Chips Fish Sticks Ice Cream Puff pastry Other:</p>	<p>Tins and Jars etc Tomatoes Baked Beans Kidney beans Chickpeas Other beans: Mushrooms Beetroot Tin soup: Pickles Tuna Pasta Sauce Olives</p>	<p>Meats Mince: Pork: Steaks Chicken: thighs or breasts Whole chicken Lamb Bacon Sausages Other:</p>	<p>Seafood and Deli Ham Salami Chicken breast Smoked Salmon Other: Fish: Prawns Other seafood:</p>
<p>Dairy and Cooler Case Milk Cheddar Cheese Ricotta Mozzarella Parmesan Noodles Sour Cream Flavoured Yogurt Plain yogurt Cream Cheese Butter Dips:</p>	<p>Fruit Apples Oranges Pears Grapes Mandarins Honeydew Cantaloupe Watermelon Mango Bananas Kiwi Plums Pineapple Other:</p>	<p>Vegetables Broccoli Eggplant Pumpkin Green beans Peppers – green Peppers – other Sweet Potatoes Potatoes Onions Carrots Beets Zucchini Other:</p>	<p>Salad stuff Lettuce Cucumber Tomatoes Purple Onion Fresh spinach Fresh herbs:</p>
<p>Carbs Bagels Regular loaves English muffins Pita / lavash / tortillas Biscuits/Cookies Crisps / popcorn/corn chips Rice cakes Crackers : Oats – quick cook Cold cereal: Pasta: Rice:</p>	<p>Condiments Ketchup Mustard Minced garlic Minced ginger Lemon juice Tomato Paste Salad Dressing Jam: Peanut butter Vegemite Maple Syrup Honey Mayo Vinegars: Oils Nonslick spray Curry paste Asian sauces:</p>	<p>Baking /Bases Flour Sugar Baking Powder B. Soda Cream of Tartar Vanilla Salt Pancake mix Stock powder: Dried herbs & spices: Cooking bases / pkts: Dried fruit: Extras: choc chips, cake decorating etc.</p>	<p>Beverages Teas (herbal) Teas (regular) Coffee: instant Coffee: ground Hot Chocolate Soft drinks: Diet Coke Flavoured water Other: Juice:</p>
<p>Paper Goods Toilet paper Paper Towels Napkins Tissues Paper Plates</p>	<p>Personal Hygiene Shampoo Hair products: Soap Toothbrushes Toothpaste Shaving gel Deodorant Feminine products:</p>	<p>Cleaning and extras Bathroom spray Laundry detergent Laundry booster / Napisan Stain remover stick Bath tub/tile cleaner Toilet cleaner Windex</p>	<p>Other eggs</p>
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