



Basic GROCERY LIST



DATE:

BUDGET:

MEAT

Beef	
Chicken	
Turkey	
Bacon	
Deli Meat	
Ham	
Ground Meat	
Sausages	

GRAINS

Rice	
Pasta	
Quinoa	
Cous Cous	
Oats	
Cereal	
Bread	
Pitta Bread	
Tortillas	

FRUIT

Bananas	
Apples	
Pears	
Oranges	
Blueberries	
Strawberries	
Raspberries	
Melon	
Mango	
Lemon/Lime	

FISH

Salmon	
Cod	
Haddock	
Prawns	
Mackerel	

OILS & CONDIMENTS

Olive Oil	
Coconut Oil	
Butter	
Ketchup	
Soy Sauce	
BBQ Sauce	
Mayo	
Mustard	
Salad Dressing	

VEGETABLES

Potatoes	
Sweet Potatoes	
Onion	
Tomatoes	
Celery	
Peppers	
Mushrooms	
Cucumber	
Squash	
Avocado	
Broccoli	

SPICES

Salt	
Pepper	
Paprika	
Cinnamon	
Cumin	
Oregano	

DAIRY

Milk	
Eggs	
Cheese	
Yoghurt	

Basic GROCERY LIST

DATE:

BUDGET:

CANNED GOODS

Chickpeas	
Black Beans	
Pinto Beans	
Red Lentils	
Brown Lentils	
Baked Beans	
Sweetcorn	
Soup	

BAKING

Plain Flour	
S.F. Flour	
Cornflour	
Caster Sugar	
Granulated Sugar	
Baking Soda	
Baking Powder	
Vanilla	
Yeast	

SNACKING

Chips	
Nuts	
Confectionary	
Cookies	
Popcorn	
Rice Cakes	

MISC

Total COST

NOTES
