

Meal Planning

shopping list

the secret to a successful shopping trip is to always start with a list

Fruit	need	Vegetables	need	Deli	need	Grocery	need	Meat/Poultry	need	Personal	need	Household	need
apples		eggplant		bacon		foil		beef		conditioner		air fresheners	
apricot		garlic		chorizo		fruit juice		chicken		condoms		bathroom cleaners	
avocado		ginger		dips		gravies		lamb		cotton balls		batteries	
bananas		kumera		feta cheese		honey		mince		cotton tips		dishwashing agents	
blueberries		leeks		frankfurts		hot chocolate		pork		dental floss		disinfectants	
cherries		lettuce		ham		ice cream cones		sausages		deodorants		floor cleaners	
grapefruit		mushrooms		Jarlsberg cheese		ice cream topping		veal		first aid		furniture cleaners	
grapes		onions		olives		indian foods				insect repellent		garbage bags	
kiwi fruit		parsnips		pate		jam		Chiller/Dairy		mouthwash		kitchen cleaners	
lemons		potatoes		ricotta cheese		jelly		butter/margarine		other hair care		laundry needs	
mangoes		pumpkin		salami		mayonnaise		cheese		panty liners		light globes	
melons		rocket				mexican foods		cream		shampoo		paper towels	
nectarines		silverbeet		Bakery		Milo		custard		shavers		pest control	
oranges		snow peas		bread rolls		mineral water		eggs		skin care		rubber gloves	
passionfruit		spanish onion		bread, loaf		noodles		milk		shaving cream		scourers	
peaches		spinach		bread, stick		nuts		sour cream		soap		shoe care	
pears		spring onions		cakes		oils		soy milk		sunscreen		sponges	
pineapples		sprouts		crumpets		pasta		tofu		tampons		starch/fabric care	
plums		squash		hot dog rolls		pasta sauce		yoghurt		tissues		stationery	
rhubarb		tomatoes		muffins		peanut butter				toilet paper		toilet cleaners	
rockmelon		zucchini		pikelets		pet food		Frozen		toothbrush		window cleaners	
strawberries				wraps		plastic wrap		chips		toothpaste			
watermelon		Herbs				popcorn		desserts				Baby/Toddler	
		basil		Grocery		rice		fish				bath	
Vegetables		bay leaves		baked beans		salad dressings		ice cream				bottles and nursing	
asparagus		chives		spaghetti		savoury crackers		meals				creams	
avocado		coriander		breakfast cereals		sesame oil		pastry				food and formula	
beans		dill		canned fish		soft drinks		pies				medicine	
beetroot		galangal		canned meats		soup		pizza				nappies	
broccoli		kaffir lime leaves		canned vegetables		soy sauce		poultry				nappy wipes	
brussels sprouts		marjoram		cat litter		stocks		snacks					
cabbage		mint		chips		sugar		vegetables					
capsicum		oregano		chocolates		sweet biscuits							
carrots		parsley		coffee		sweet chilli sauce							
cauliflower		rosemary		cordial		tea							
celery		sage		cornflour		tinned fruit							
chillies		thyme		dried fruit		tomato paste							
corn				dried herbs/spices		tomato sauce							
cucumbers				flea treatments		Vegemite							
				flour, plain		vinegar							
				flour, self-raising		water							