

Grocery LIST

WEEK _____

DATE _____

FRIDGE ESSENTIALS

Milk

Butter or spread

Cheese

Yoghurt

Fresh vegetables

Fruit

Bacon or veggie sausages

Mince or meat-free
alternative

Cooked meats or plant-
based deli slices

EXTRAS

Ice cream or puddings

Condiments

Seasoning sachets or spice
mixes

Foil or cling film

OTHERS

CUPBOARD STAPLES

Pasta

Pasta sauce

Stir fry sauce

Tinned tomatoes, beans,
or tuna

Taco shells or wraps

Bread/rolls

Cereal

Crisps/snacks

Tea, coffee, juice,
squash