

My Shopping List

Fruit

Fresh, frozen, tinned, dried

Vegetables

Fresh, frozen, tinned, dried

Grains & Cereals

Bakery, breakfast cereals, muesli bars, crackers, pasta, rice, flour, other grains

Meat, Poultry, Seafood & Plant Alternatives

Fresh, frozen, tinned, ready meals

Dairy & Plant Alternatives

Milk, yoghurt, cheese

Nuts & Seeds

Raw, roasted, nut butters

Soul Foods

Crisps, biscuits, chocolate, ice cream

Drinks


Juice, tea, coffee, water

Condiments & Oils

Dips, sauces, dressings

Stocks, Herbs & Spices

Fresh, dried, powders, liquids

 **Pro Tip:** Take a photo of your shopping list in case you forget it!