

Basic Grocery List for 1



Meat, Fish, & Eggs

- ◯ 1x carton of 6 eggs
- ◯ 1x can of fish
- ◯ 1x pack of 2 fish steaks
- ◯ 1x ¾ lb / 350g pack of ham
- ◯ 1x 1lb / 500g pack of white or lean red meat

Dairy

- ◯ 1x 1 ¾ lb / 350g block of cheese
- ◯ 1x 2 cup / 500ml carton of milk or alternative
- ◯ 1x stick/block of butter or healthy oil-infused spread
- ◯ 1x 1 ¾ lb / 350g tub of Greek or natural yogurt

Grains

- ◯ 1x 1lb / 500g bag of wholegrain pasta
- ◯ 1x 1lb / 500g box of healthy breakfast cereal
- ◯ 1x 1ln / 500g box of oatmeal
- ◯ 1x loaf of wholemeal/wholegrain bread

Condiments

- ◯ Herbs & Spices
- ◯ Hot sauce
- ◯ Ketchup
- ◯ Mustard
- ◯ Mayonnaise
- ◯ Peanut/almond butter
- ◯ Tartare sauce

Vegetables

- ◯ 2x avocados
- ◯ 1x 1lb / 500g bag of carrots
- ◯ 1x can of beans
- ◯ 1x can of chopped tomatoes
- ◯ 1x eggplant / aubergine
- ◯ 2x onions
- ◯ 1x can of peas
- ◯ 2x sweet potatoes
- ◯ 2x zucchini / courgette

Fruit

- ◯ 5x apples
- ◯ 5x bananas
- ◯ 1x bunch of grapes
- ◯ 5x oranges
- ◯ 4x plums
- ◯ 1x punnet of strawberries

Oil

- ◯ 1x bottle of healthy oil (olive/linseed/rapeseed)

Listonic

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