

Basic grocery list



Meat & Fish

- ◯ Chicken breasts
- ◯ Lean cuts of red meat
- ◯ Tuna
- ◯ Salmon
- ◯ Mackerel
- ◯ Luncheon meat

Produce

- ◯ Onions
- ◯ Garlic
- ◯ Potatoes
- ◯ Carrots
- ◯ Bananas
- ◯ Apples

Grains and Bread

- ◯ Pasta
- ◯ Rice
- ◯ Bread
- ◯ All-purpose flour
- ◯ Porridge oats
- ◯ Unsweetened granola

Dairy & Eggs

- ◯ Milk
- ◯ Eggs
- ◯ Cheese
- ◯ Yogurt

Tinned & Dried Produce

- ◯ Red kidney beans
- ◯ White beans
- ◯ Green lentils
- ◯ Chopped tomatoes
- ◯ Soup
- ◯ Dried fruit, nuts, and seeds

Condiments

- ◯ Salt
- ◯ Pepper
- ◯ Basil
- ◯ Oregano
- ◯ Coriander
- ◯ Cumin
- ◯ Stock cubes
- ◯ Honey
- ◯ Vinegar
- ◯ Sugar

Oil & Fat

- ◯ Cooking oil
- ◯ Butter

Listonic

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