

Cheap grocery list



Fresh Produce

- ◯ Apples
- ◯ Bananas
- ◯ Garlic
- ◯ Lettuce
- ◯ Onions
- ◯ Oranges
- ◯ Potatoes
- ◯ Spinach

Frozen Produce

- ◯ Carrots
- ◯ Green Beans
- ◯ Peas
- ◯ Raspberries
- ◯ Strawberries
- ◯ Sweetcorn

Frozen Meat & Fish

- ◯ Beef
- ◯ Chicken
- ◯ Cod
- ◯ Haddock
- ◯ Pork
- ◯ Turkey

Dairy & Eggs

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

Canned Food

- ◯ Black Eyed Peas
- ◯ Chickpeas
- ◯ Red Kidney Beans
- ◯ Tuna
- ◯ White Beans

Grains & Pasta

- ◯ Bread
- ◯ Fusilli
- ◯ Penne
- ◯ Rice
- ◯ Spaghetti

Drinks

- ◯ Coffee
- ◯ UHT Juice
- ◯ Tea

Listonic

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