

Grocery list for busy people and everyone else



Fruit and vegetables

- ◯ basil,
- ◯ bottled lemon juice,
- ◯ onions,
- ◯ lemons,
- ◯ garlic,
- ◯ dates,
- ◯ ginger,
- ◯ cilantro,
- ◯ tomato paste,
- ◯ carrots,
- ◯ mint,
- ◯ almonds,
- ◯ frozen vegetables,
- ◯ oregano,
- ◯ walnuts,
- ◯ smoked paprika
- ◯ vegetable spreads,
- ◯ oranges,
- ◯ raisins,
- ◯ lentils,
- ◯ thyme,
- ◯ potatoes

Other groceries

- ◯ rye bread,
- ◯ jarred sauces (no preservatives, simple ingredients),
- ◯ plain yogurt,
- ◯ buckwheat groats,
- ◯ couscous,
- ◯ canned salmon,
- ◯ mayonnaise,
- ◯ bouillon cubes,
- ◯ pasta,
- ◯ mustard,
- ◯ balsamic vinegar,
- ◯ wine vinegar,
- ◯ sesame oil,
- ◯ olive oil,
- ◯ chicken breast,
- ◯ rolled oats,
- ◯ rice,
- ◯ canned sardines,
- ◯ chili sauce
- ◯ soy sauce
- ◯ shredded cheese,
- ◯ canned tuna,
- ◯ jarred soups

Listonic

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