

Master supermarket shopping list



Meat & fish

- ◯ 500g pack of chicken breast
- ◯ 1 pack of cod
- ◯ 1 pack of salmon

Dairy

- ◯ 5 liters of semi-skimmed milk
- ◯ 6 eggs
- ◯ 1kg of Greek yogurt
- ◯ 1 500g block of cheese

Vegetables and fruit

- ◯ 1 large bag of apples
- ◯ 2 bunches of bananas
- ◯ 1 bag of mandarins
- ◯ 1 punnet of grapes / strawberries / blueberries / mango
- ◯ 1 punnet of cherry tomatoes
- ◯ 1 cucumber
- ◯ A bag of 3 peppers
- ◯ 2 onions

Freezer

- ◯ 1 or 2 packs of frozen vegetable
- ◯ 2 pizzas
- ◯ Frozen fruit for oatmeal or smoothies

Bread & bread spreads

- ◯ Peanut butter
- ◯ 1 loaf of whole-grain bread
- ◯ A bag of 8 buns
- ◯ Croissants
- ◯ 2 packs of oatmeal
- ◯ 1 jar of jam
- ◯ 1 pack of rice cakes

Dry Goods

- ◯ Pasta
- ◯ 2 cans of chopped tomatoes
- ◯ 1 can of coconut milk
- ◯ 1 carton fo almond milk
- ◯ 1 box of tea
- ◯ 1 pack of coffee

Snacks

- ◯ 1 bar of chocolate
- ◯ 1 packet of cookies
- ◯ 1 multipack of chips/crisps

Care products

- ◯ 1 pack of toilet paper
- ◯ 1 pack of kitchen roll
- ◯ 1 tube of toothpaste
- ◯ 1 can of deodorant
- ◯ 1 bottle of laundry detergent
- ◯ 1 bottle of fabric softener
- ◯ 1 bottle of washing up liquid
- ◯ 1 bottle of cleaning fluid
- ◯ 1 pack of wet wipes

Listonic

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