

Monthly shopping list



Fresh Meat & Fish (for freezing)

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

Frozen Food

- ◯ Chips / french fries
- ◯ Frozen vegetables
- ◯ Frozen fruit

Dairy & Eggs

- ◯ Butter
- ◯ Cheese
- ◯ Eggs
- ◯ Milk (fresh)
- ◯ UHT milk
- ◯ Yogurt

Canned Food

- ◯ Baby carrots
- ◯ Baked beans
- ◯ Black beans
- ◯ Black-eyed peas
- ◯ Chickpeas
- ◯ Chopped tomatoes
- ◯ New potatoes
- ◯ Red kidney beans
- ◯ Soup
- ◯ White beans
- ◯ Whole meals

Grains

- ◯ Bread (for freezing)
- ◯ Buckwheat
- ◯ Bulgar wheat
- ◯ Couscous
- ◯ Pasta
- ◯ Rice

Herbs & Spices

- ◯ Basil
- ◯ Black pepper
- ◯ Chilli powder
- ◯ Cinnamon
- ◯ Cloves
- ◯ Coriander
- ◯ Cumin
- ◯ Curry powder
- ◯ Dried chili flakes
- ◯ Garlic powder
- ◯ Ginger
- ◯ Nutmeg
- ◯ Onion powder
- ◯ Oregano
- ◯ Paprika
- ◯ Rosemary
- ◯ Salt
- ◯ Smoked paprika
- ◯ Thyme

Fresh Vegetables (for using up to 2 weeks, or freezing)

- ◯ Aubergines / eggplants
- ◯ Avocados
- ◯ Bell peppers
- ◯ Broccoli
- ◯ Cabbage
- ◯ Carrots
- ◯ Cauliflower
- ◯ Courgettes / zucchini
- ◯ Cucumbers
- ◯ Kale
- ◯ Lettuce
- ◯ Onions
- ◯ Potatoes
- ◯ Mushrooms
- ◯ Spinach
- ◯ Tomatoes

Fruit (for using up to 2 weeks, or freezing)

- ◯ Apples
- ◯ Bananas
- ◯ Blackberries
- ◯ Blueberries
- ◯ Grapes
- ◯ Oranges
- ◯ Peaches
- ◯ Pears
- ◯ Raspberries

Baking

- ◯ Bicarbonate of Soda
- ◯ Flour
- ◯ Vanilla extract
- ◯ Sugar

Snacks

- ◯ Biscuits / cookies
- ◯ Chocolate
- ◯ Crisps / chips
- ◯ Dried fruit
- ◯ Nuts
- ◯ Popcorn
- ◯ Trail mix

Drinks

- ◯ Cocoa / hot chocolate
- ◯ Coffee
- ◯ Fizzy drinks / soda
- ◯ Squash / cordial
- ◯ Tea
- ◯ UHT juice (cartons)

Condiments & Jarred Food

- ◯ BBQ sauce
- ◯ Cranberry sauce
- ◯ Fish sauce
- ◯ Honey
- ◯ Horseradish
- ◯ Hot sauce
- ◯ Jam
- ◯ Maple syrup
- ◯ Marmalade
- ◯ Mayonnaise
- ◯ Mustard
- ◯ Pickled onions
- ◯ Pickles
- ◯ Tomato ketchup
- ◯ Worcestershire sauce

Listonic

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