

Student grocery list



Meat, Dairy, & Eggs

- ◯ Butter
- ◯ Cheese
- ◯ Chicken
- ◯ Cream
- ◯ Eggs
- ◯ Milk

Legumes

- ◯ Baked beans
- ◯ Chickpeas
- ◯ Red kidney beans
- ◯ White beans

Cooking Oil

- ◯ Olive oil
- ◯ Sunflower oil
- ◯ Vegetable oil

Grains

- ◯ Buckwheat
- ◯ Bulgar wheat
- ◯ Couscous
- ◯ Oatmeal
- ◯ Pearl barley
- ◯ Rice
- ◯ Wholewheat/wholemeal bread
- ◯ Wholewheat/wholegrain pasta

Miscellaneous

- ◯ Bullion powder
- ◯ Peanut butter
- ◯ Popcorn
- ◯ Chocolate chips
- ◯ Instant ramen
- ◯ Stock cubes
- ◯ Vinegar

Vegetables

- ◯ Avocados
- ◯ Carrots
- ◯ Cherry tomatoes
- ◯ Frozen chopped vegetables
- ◯ Kale
- ◯ Onion
- ◯ Potatoes
- ◯ Scallions/spring onions
- ◯ Spinach
- ◯ Sweetcorn
- ◯ Tomatoes

Nuts, Seeds, and Dried Fruit

- ◯ Almonds
- ◯ Cashew nuts
- ◯ Pumpkin seeds
- ◯ Raisins
- ◯ Sultanas
- ◯ Sunflower seeds
- ◯ Walnuts

Herbs & Spices

- ◯ Basil
- ◯ Black pepper
- ◯ Chili powder
- ◯ Oregano
- ◯ Salt

Listonic

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