

Super simple shopping list



Fresh fruit & vegetables

- ◯ Onions
- ◯ Garlic
- ◯ Potatoes
- ◯ Carrots
- ◯ Bananas
- ◯ Apples

Fridge

- ◯ Milk
- ◯ Eggs
- ◯ Cheese
- ◯ Yogurt
- ◯ Butter
- ◯ Chicken breasts

Freezer

- ◯ Salmon
- ◯ Mackerel
- ◯ Lean cuts of red meat

Countertop & cupboards/pantry

- ◯ Pasta
- ◯ Rice
- ◯ Bread
- ◯ Porridge oats
- ◯ Red kidney beans
- ◯ Chopped tomatoes
- ◯ Cooking oil
- ◯ Salt
- ◯ Pepper

Listonic

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