Shopping list – tick what you need

Shop: _____ Date: _____

Meals planned _____ **Extras** _____

Fruit and veg

- [ ] Apples
- [ ] Bananas
- [ ] Berries
- [ ] Oranges
- [ ] Potatoes
- [ ] Onions
- [ ] Carrots
- [ ] Salad
- [ ] Tomatoes
- [ ] Peppers
- [ ] Broccoli
- [ ]

Bread, dairy and eggs

- [ ] Bread
- [ ] Wraps or rolls
- [ ] Milk
- [ ] Butter or spread
- [ ] Cheese
- [ ] Yogurt
- [ ] Eggs
- [ ] Cream
- [ ]

Meat, fish and frozen

- [ ] Chicken
- [ ] Mince
- [ ] Sausages
- [ ] Bacon
- [ ] Fish
- [ ] Vegetarian options
- [ ] Frozen veg
- [ ] Frozen chips
- [ ] Ice cream

Cupboard

- [ ] Pasta
- [ ] Rice
- [ ] Cereal
- [ ] Flour and sugar
- [ ] Tinned tomatoes
- [ ] Tinned beans
- [ ] Stock cubes
- [ ] Cooking oil
- [ ] Herbs and spices
- [ ] Tea and coffee
- [ ] Biscuits and snacks
- [ ] Squash and juice

Household and personal

- [ ] Washing-up liquid
- [ ] Laundry detergent
- [ ] Toilet roll
- [ ] Kitchen roll
- [ ] Bin bags
- [ ] Cleaning spray
- [ ] Toothpaste
- [ ] Shampoo
- [ ] Soap or shower gel

Anything else