

Food Essentials

Shopping List

Cupboard

- Pasta
- Rice
- Noodles
- Sauces
- Tins
- Tinned Vegetables
- Lentils/Beans
- Soup
- Jars
- Oats/Cereals
- Tea/Coffee
- Oils/herbs/seasoning
- Sauces/condiments
- Bread
- Flour
- Sugar
- _____
- _____
- _____

Fridge

- Milk
- Butter
- Eggs
- Yoghurt
- Cheese
- Potatoes
- Onions
- Garlic
- Tofu
- Meat/Fish/Quorn
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Freezer

- Chips
- Nuggets/fish bites/Quorn
- Frozen veggies
- Frozen fruit
- Ready meals
- Sweet treats

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____