

GROCERY CHECKLIST



☐ Anchovies	☐ Extract	☐ Orzo	☐ Soy milk
☐ Avocado	☐ Flour	☐ Pasta	☐ Spinach
☐ Butter	☐ Flax seeds	☐ Pulses	☐ Tin tomatoes
☐ Bulgur	☐ Fish sauce	☐ Peas	☐ Tom pureeTea
☐ Beans	☐ Fruit juice	☐ Pumpkin seeds	☐ Tinned fruit
☐ Berries	☐ Frozen fries	☐ Popcorn	☐ Tuna
☐ Beetroot	☐ Food wrap	☐ Peanut butter	☐ Toilet paper
☐ Baking soda	☐ Garlic	☐ Pastry	☐ Vegetable oil
☐ Baking powder	☐ Ginger	☐ Pepper	☐ White/w/vin
☐ Balsamic vinegar	☐ Honey	☐ Pizza base	☐ Wine
☐ Cocoa	☐ Herbs	☐ Quinoa	☐ Yogurt
☐ Cookie dough	☐ Horseradish	☐ Red/w/vin	Extras 
☐ Coconut water	☐ Jam	☐ Rice	
☐ Cheese	☐ Ketchup	☐ Salad/dress	
☐ Crackers	☐ Lasagne	☐ Sardines	
☐ Cornflour	☐ Lime juice	☐ Seeds	
☐ Chilli	☐ Lemon juice	☐ sweetcorn	
☐ Capers	☐ Milk	☐ Sesame oil	
☐ Cornichons	☐ Matches	☐ Sour cream	
☐ Cereals	☐ Mayonaise	☐ Soy sauce	
☐ Coffee	☐ Marmalade	☐ Snacks	
☐ Cleaning products	☐ Miso	☐ Soda	
☐ Cat food	☐ Mustard	☐ Sugar	
☐ Candles	☐ Maple syrup	☐ Spices	
☐ Cream	☐ Noodles	☐ Spagetti	
☐ Dog food	☐ Nuts	☐ Salt	
☐ Eggs	☐ Olive oil	☐ Stock cubes	