

shopping list

the secret to a successful shopping trip is to always start with a list



fresh fruit	need	bakery	need	fresh vegetables	need	herbs	need	grocery	need	miscellaneous	need	personal cont...	need
apples		bread		asparagus		parsley		asian food		batteries		other hair care	
apricots		bread rolls		beans		mint		baked beans		film		skin care	
avocado		wraps		beetroot		dill		spaghetti		shoe care		sunscreen	
bananas		cakes		broccoli		basil		breakfast cereals		gift wrap		toilet paper	
cherries		crumpets		brussel sprouts		chives		canned meats		light globes		shavers	
grapefruit		muffins		cabbage		coriander		canned vegetables		stationery		insect repellent	
grapes		pikelets		capsicum		rosemary		packet meals		frozen		condoms	
kiwi fruit		snacks		carrots		thyme		canned fish		chips		cotton balls	
lemons		biscuits/crackers		cauliflower		oregano		condiments		desserts		cotton tips	
lychees		children's treats		celery		mint		oils		fish		shaving cream	
mangoes		chocolate		chillies		bay leaves		baking /cooking		meals		first aid	
melons		corn chips		corn		meat/poultry		desserts		pastry		household	
nectarines		lunchbox treats		cucumbers		bbq		flour		pizza		first aid	
oranges		nuts		eggplant		bacon		dried herbs/spices		snacks		air fresheners	
passionfruit		popcorn		garlic		beef		indian food		vegetables		bags and wraps	
paw paw		potato chips		ginger		chicken		spread		ice cream		bathroom cleaners	
peaches		pretzels		leeks		ham		mexican food		meat		dishwashing deterg	
pears		drinks		lettuce		lamb		pasta sauce		baby & toddler		disinfectants	
pineapples		coffee		mushrooms		pork		soup		food and formula		floor cleaners	
plums		cordial		onions		sausages		sugar		bottles and nursing		furniture cleaners	
rhubarb		fruit juice		parsnips		soup bones		tomato paste		nappies		kitchen cleaners	
dairy		mineral water		peas		turkey		vinegar		nappy wipes		laundry needs	
eggs		soft drinks		potatoes		veal		salad dressings		creams		paper towels	
milk		tea		pumpkin		pets		biscuits		bath		pest control	
soy milk		waterpretzels		silverbeet		fresh food		noodles		medicine		rubber gloves	
tofu		deli		spinach		dry food		stocks		personal		scourers and	
cream		dips		sprouts		shampoo		gravies		soap		sponges	
sour cream		olives		squash		flea treatments		pasta sauces		toothbrush		starch/fabric care	
yoghurt		pate		swede		medication		mil		toothpaste		toilet cleaners	
cheese		frankfurts		tomatoes		treats		quik		mouthwash		window cleaners	
butter / margarine		twiggy sticks		zucchini		litter				dental floss		candles	
custard		sliced meats				outdoor				deodorants		matches	
rice/pasta/grains		dried fruit/nuts				bbq				tissues			
						picnic needs				tampons			
						garden needs				panty liners			
						gloves				shampoo			
						insecticide				conditioner			