

Shopping List

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- 1 litre milk
- yoghurt
- 6 eggs
- 1 packet of mince, chicken or fish
- 1 packet of sausages or bacon
- packet of cheese spread
- 200- 400g cheddar cheese
- 1 packet of cold meat
- 1 tub spread/margarine
- 2 kinds of fruit
- 1-2 carrots
- 1-2 onions
- 1 pepper
- some mushrooms
- 2 or 3 tomatoes
- cucumber
- other vegetables (like broccoli, turnip or whatever's cheap, or a bag of frozen mix if you have a freezer)
- potatoes
- 1 tin of tuna or mackerel
- 1 tin of fruit
- 1 tin of tomatoes
- 1 tin of beans
- 1 loaf of bread
- other bread such as pitta or wraps
- breakfast cereal e.g. Krispies
- carton of fruit juice
(check for 100% fruit juice)