



COOKING

# Shopping on a budget Shopping List

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Shopping on a budget does not have to mean plain and bland foods or only buying the generic supermarket brands. Here is a Shopping List that you can take with you to the supermarket. Write on the list what you need and tick it off as you do your shopping.

**Dairy**

Margarine/Butter

Cheese

Cream

Milk

Yoghurt

**Write More Here:**

**Fruit**

Apples

Pears

Grapes

Watermelon

Lemons

**Write More Here:**

**Groceries**

Tea

Coffee

Sugar

Cooking Oil

Long Life Milk

Pasta

Rice

**Write More Here:**

**Cleaning**

Dishwashing Liquid

Disinfectant

Sponges

**Vegetables**

Asparagus

Brocoli

Carrots

Potatoes

Tomatoes

Lettuce

Spinach

Capsicum

Zucchini

Beans

Brussel Sprouts

Cabbage

Cauliflower

Celery

Corn

**Write More Here:**

**Breads & Cereals**

Sliced Bread

Bread rolls

Flat bread

Weetbix

Muesli

Oats/Porridge

**Write More Here:**

**Snacks**

Crackers

Biscuits

Nuts / Seeds

Dried Fruit

**Write More Here:**

**Meat and Alternatives**

Beef

Lamb

Chicken

Pork

**Legumes**

Eggs

Beans

Peas

Lentils

Chickpeas

Lupins

