

# Basic Shopping List

This basic shopping list will make stocking your pantry a breeze



☐ Olive oil

## Pantry

- ☐ Cooking oil
- ☐ Salt and pepper
- ☐ Tomato Paste
- ☐ Mixed herbs
- ☐ Spice mix
- ☐ Stock powder or stock cubes
- ☐ Vinegar
- ☐ Balsamic Vinegar
- ☐ Tuna
- ☐ Tinned beans
- ☐ Tinned tomatoes
- ☐ Rice
- ☐ Pasta
- ☐ Pasta Sauce

- ☐ Onions
- ☐ Garlic
- ☐ Bovril or Marmite
- ☐ Lone life milk
- ☐ Jam
- ☐ Honey or syrup
- ☐ Breadcrumbs
- ☐ Sauces
- ☐ Chocolate

## Freezer

- ☐ Bread and wraps
- ☐ Bacon
- ☐ Mince

## Fridge

- ☐ Veegtes (mixed vee spinacn & peas)
- ☐ Eggs
- ☐ Butter
- ☐ Milk
- ☐ Cheese
- ☐ Yoghurt
- ☐ Bottled lemon juice
- ☐ Mustard

## Basic baking supplies

- ☐ Flour
- ☐ sugar
- ☐ Baking powder
- ☐ Vanilla essence
- ☐ Icing Sugar

## Entertaining Staples

- ☐ Frozen berries
- ☐ Cocoa powder
- ☐ Popcorn
- ☐ Chips
- ☐ Nuts
- ☐ Pesto
- ☐ Tea and coffee
- ☐ Olives
- ☐ Saltcrax or ather crackers

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