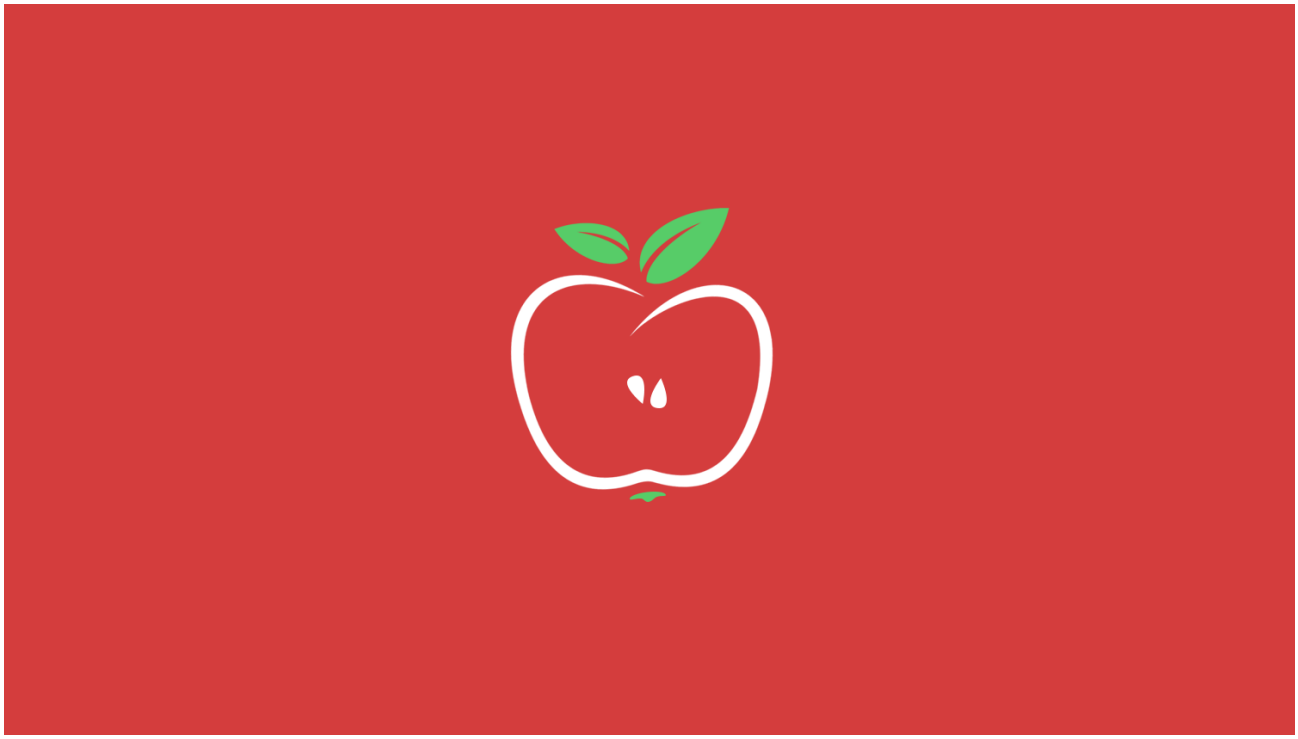
Basic Shopping List

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 pcwder
- [ ] 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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