

Grocery List (Use BLOCK capitals)	Date:
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Name :

✓	Produce	Qty	Type	substitute?
	ORANGES			
	APPLES			
	BANANAS			
	GRAPES			
	TOMATOES			
	ONIONS			
	POTATOES			
	LETTUCE			
	Dairy	Qty	Type/ Brand	
	MILK			
	CHEESE			
	EGGS			
	BUTTER & MARGARINE			
	Meat	Qty	Type/ Brand	
	BEEF			
	POULTRY			
	BACON & SAUSAGES			
	SEAFOOD			
	Drinks	Qty	Brand	
	FIZZY DRINKS			
	JUICE			
	COFFEE			
	TEA			
	Supplies	Qty	Brand	
	TOILET PAPER			
	KITCHEN PAPER			
	GARBAGE BAGS			
	CLING FILM & FOIL			
	DETERGENT			
	Pasta	Qty	Type/ Brand	
	PASTA			
	RICE			
	PIZZA			
	Bakery	Qty	Type/ Brand	
	SLICE BREAD			
	ROLLS & BAGELS			
	CROISSANTS			



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Grocery List		(Use BLOCK capitals)		
Postcode :		Flat:		
✓	Cereal	Qty	Type/ Brand	substitute?
	CORNFLAKES			
	MUSLI			
	Cooking ingredients	Qty	Type	
	SALT & SUGAR			
	FLOUR			
	OIL			
	Jars	Qty	Type/ Brand	
	JAM			
	HONEY			
	Frozen	Qty	Brand	
	CHIPS			
	MEAT			
	READY MEALS			
	DESSERTS			
	Tins & cans	Qty	Brand	
	SOUP			
	BEANS			
	FRUIT			
	VEGETABLES			
	Snacks	Qty	Type/ Brand	
	CRACKERS			
	CHOCOLATE			
	ICE CREAM			
	BISCUITS			
	Health & beauty	Qty	Type/ Brand	
	TOOTHPASTE			
	SHAMPOO			
	CONDITIONER			
	SOAP			
	Vitamins & medicine	Qty	Type/ Brand	
	PARACETAMOL			
	ASPIRIN			
	LONZENGES			
	Other	Qty	Type	
	FLOWERS			
	NEWSPAPERS & MAGS			



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