

Shopping List



CHEMIST 7

MISCELLANEOUS

Cold & Flu Tablets
any store

Maxigesic
any store

Nasal Spray
any store

Nurofen
any store


Panadol
any store


Throat Losenges
any store

Throat Spray
any store


GROCERIES 61


BAKERY


Bread Rolls (6 pack)
any store 


Sourdough
any store 


BAKING GOODS

Castor Sugar
any store 


Cocoa Powder
any store 

Plain Flour
any store 

Raw Sugar
any store 

Self Raising Flour
any store 

CANNED ITEMS

Canned Corn
any store 

Canned Kidney Beans
any store

Canned Tomatoes
any store 

Canned Tuna
any store 

CEREALS

Muesli
any store 

CLEANING SUPPLIES

Antibacterial Spray
any store

Dishwasher Tablets
any store 

Laundry Detergent
any store


DAIRY

Butter
any store 

Cheese
any store

Eggs
any store 

Milk
any store 

Yoghurt
any store 

DELI

Bacon
Woolworths 

Ham
any store 

Smoked Salmon
any store 

FROZEN FOODS

Frozen Bananas
any store 

Frozen Beans
any store 

Frozen Peas
any store 

Frozen Raspberries
any store 

FRUIT & VEGETABLES

Apples
any store 

Avocados
any store 

- | | | |
|--------------------------|----------------------------------|---|
| <input type="checkbox"/> | Bananas any store | ♥ |
| <input type="checkbox"/> | Broccoli any store | ♥ |
| <input type="checkbox"/> | Carrots any store | ♥ |
| <input type="checkbox"/> | Celery any store | ♥ |
| <input type="checkbox"/> | Cucumber any store | ♥ |
| <input type="checkbox"/> | Lettuce any store | ♥ |
| <input type="checkbox"/> | Onion any store | ♥ |
| <input type="checkbox"/> | Potato any store | ♥ |
| <input type="checkbox"/> | Pumpkin any store | ♥ |
| <input type="checkbox"/> | Red Onion Woolworths | ♥ |
| <input type="checkbox"/> | Sweet Potato any store | ♥ |
| <input type="checkbox"/> | Tomatoes Woolworths | ♥ |

MEATS

- | | | |
|--------------------------|-----------------------------|---|
| <input type="checkbox"/> | Chicken any store | ♥ |
| <input type="checkbox"/> | Mince any store | ♥ |
| <input type="checkbox"/> | Steak any store | |

MISCELLANEOUS

- | | | |
|--------------------------|-----------------------------------|---|
| <input type="checkbox"/> | Bottled Water any store | |
| <input type="checkbox"/> | Tea Bags any store | ♥ |

OILS & DRESSINGS

- | | | |
|--------------------------|-------------------------------|---|
| <input type="checkbox"/> | Olive Oil any store | ♥ |
|--------------------------|-------------------------------|---|

PASTA & RICE

- | | | |
|--------------------------|--------------------------------|---|
| <input type="checkbox"/> | Brown Rice any store | ♥ |
| <input type="checkbox"/> | Noodles any store | |
| <input type="checkbox"/> | Pasta any store | ♥ |

PERSONAL ITEMS

Body Wash
any store

Hand Wash
any store

Tissues
any store



Toilet Paper
any store



Toothpaste
any store



SAUCES & CONDIMENTS

Pasta Sauce
any store



Tomato Paste
any store

SNACKS

Cruskits
any store



Healthy Fruit & Nut Snacks
any store

Muesli Bars
any store

Rice Crackers
any store

