

Grocery Shopping List

Grocery Category	Grocery Item	Shop Frequency	Description	Unit Measure	Actual QTY
Breakfast Cereals	Cornflakes	Weekly	Cornflakes 500-725gm	gm	1
Breakfast Cereals	Rice Snaps	Weekly	Rice Snaps 460gm	gm	1
Breakfast Cereals	Rolled Oats	Weekly	Rolled Oats 750-900gm	gm	1
Breakfast Cereals	Wheat Biscuits	Weekly	Wheat Biscuits 1-1.2kg Box	kg	1
Cleaning Products	Cleaning product	Monthly	Disinfectant 1 - 2Ltr	Ltr	1
Cleaning Products	Dishwashing Liquid	Fortnightly	Dishwashing Liquid 500ml - 1ltr	ml	1
Cleaning Products	Laundry powder	Monthly	2 in 1 / 5 in 1 Laundry Powder 1 - 1.7kg	kg	1
Dairy Products	Cheese	Weekly	Cheese Colby 1kg	kg	1
Dairy Products	Milk	Weekly	Standard Milk 2Ltr	Ltr	2
Dairy Products	Yoghurt	Weekly	Real Fruit Strawberry 1kg	kg	1
Fish	Fresh Fish	Weekly	Trevally Whole	kg	1.5
Fish	Frozen Fish	Weekly	Oven Bake Lemon Pepper NZ Hoki Frozen 425gm	gm	1
Fish	Tinned Fish	Weekly	Tuna Chunks Spring Water 185gm	gm	1
Fruit	Apples	Weekly	Red Apples	kg	1
Fruit	Bananas	Weekly	Bananas	kg	1
Fruit	Pears	Weekly	Pears	kg	1
General Food	Margarine	Weekly	Table Spread 500gm	gm	2
General Food	Baked Beans, canned	Weekly	Baked Beans in Tomato Sauce 400 - 420gm	gm	1
General Food	Chickpeas, Canned	Weekly	Canned Chickpeas in Spring Water 390 - 420gm	gm	1
General Food	Dried pasta	Weekly	Spaghetti Long Pasta 500gm	gm	1
General Food	Eggs	Weekly	Size 7 Eggs, 12 pkt	item	1
General Food	Luncheon Meat	Weekly	Ham & Chicken Flavoured Luncheon / Deli 800gm	gm	1
General Food	Noodles, instant	Weekly	Thick Noodles 375 - 400gm	gm	1
General Food	Spaghetti, canned	Weekly	Spaghetti in Tomato Sauce 400 - 420gm	gm	1
General Food	Sweetcorn, canned	Weekly	Creamed sweetcorn 400 - 420gm	gm	1

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General Food	Tomatoes, canned	Weekly	Chopped Tomatoes in Juice 400gm	gm	1
General Food	White rice	Weekly	White Long Grain Rice 1kg	kg	1
General Food	White Sandwich Bread	Weekly	Loaf 600 - 700gm	gm	2
General Food	White/Wholemeal Toast Bread	Weekly	Loaf 600 - 700gm	gm	2
Meat and Poultry	Beef Mince	Weekly	NZ Beef Mince	kg	1
Meat and Poultry	Chicken	Weekly	Chicken Drumsticks	kg	1
Meat and Poultry	Sausages	Weekly	BBQ Precooked Sausages	kg	1
Pantry Staples	Baking Powder	Quarterly	Baking powder 400gm	gm	1
Pantry Staples	Chicken stock	Monthly	Chicken stock powder 110 - 175gm	gm	1
Pantry Staples	Cocoa	Quarterly	Cocoa powder 250gm	gm	1
Pantry Staples	Curry powder	Quarterly	Curry Powder 40 - 100gm	gm	1
Pantry Staples	Drinking mix	Monthly	Malt Energy Drink Powder 310 - 450gm	gm	1
Pantry Staples	Garlic	Quarterly	Crushed garlic 185 - 230gm	gm	1
Pantry Staples	Honey	Monthly	Creamed Clover Blend Honey 450 - 500gm	gm	1
Pantry Staples	Icing sugar	Quarterly	Icing Sugar 500gm - 1kg	gm	1
Pantry Staples	Instant Coffee	Monthly	Instant Coffee Powder 90gm	gm	1
Pantry Staples	Jam	Monthly	Strawberry Jam 375 - 660gm	gm	1
Pantry Staples	Mixed herbs	Quarterly	Mixed dried herbs 10 - 15gm	gm	1
Pantry Staples	Peanut butter	Monthly	Extra Crunchy 375 - 485gm	gm	1
Pantry Staples	Pepper	Quarterly	Ground black pepper 50gm	gm	1
Pantry Staples	Salt	Quarterly	Table Salt 500 - 700gm	gm	1
Pantry Staples	Soy sauce	Quarterly	Soy Sauce 500 - 550ml	ml	1
Pantry Staples	Sugar	Monthly	Raw sugar 1 - 1.2kg	kg	1
Pantry Staples	Teabags	Monthly	Classic Tea Bags 100 bags	item	1
Pantry Staples	Tomato Sauce	Monthly	Tomato Sauce 1 Ltr	Ltr	1
Pantry Staples	Vegetable Oil	Monthly	Salad and Cooking Oil 500ml	ml	1
Pantry Staples	White flour	Monthly	Pure White Plain Flour 1.5kg	kg	1
Toiletries	Deodorant	Monthly	Roll on deodorant 50ml	ml	2

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Toiletries	Deodorant	Monthly	Aerosol deodorant 165 - 250ml	ml	1
Toiletries	Razors	Quarterly	Disposable Razors 4 - 6 pk	item	1
Toiletries	Sanitary Pads	Monthly	Original Regular Sanitary Pads 16pk	item	1
Toiletries	Shampoo	Monthly	Normal Hair Shampoo 315 - 500ml	ml	1
Toiletries	Soap	Monthly	Beauty Bar Soap 4-6pk x 75-90gm	gm	1
Toiletries	Tampons	Monthly	Original Regular Tampons 16pk	item	1
Toiletries	Tissues	Monthly	White 2 Ply Facial Tissues 224-250pk	item	1
Toiletries	Toilet Paper	Weekly	3 ply White Toilet Tissue - 12 pk or 3 x 4 pk	item	1
Toiletries	Toothpaste	Monthly	Maximum Cavity protection Regular Flavour Toothpaste 170 - 175gm	gm	1
Vegetables	Cabbage	Weekly	Cabbage Whole	Unit	1
Vegetables	Carrots	Weekly	Carrots Loose	kg	1
Vegetables	Frozen Vegetables	Weekly	Mixed Vegetables - peas,carrots and corn frozen 1kg	kg	1
Vegetables	Onions	Weekly	Brown Onions	kg	0.5
Vegetables	Potatoes	Weekly	White washed loose Potatoes	kg	2
Vegetables	Pumpkin	Weekly	Pumpkin Crown Half	Unit	1