

Christmas shopping list



This list serves 4 but can easily be doubled to serve 8 or halved to serve 2

FOOD	AMOUNT	DONE
FRUIT AND VEGETABLES		
Avacado	1	
Radish	4	
Pumpkin	Half	
Potatoes	500g	
Cauliflower	Half	
Onion	1	
Red capsicum	1	
Green beans	200g	
Yellow beans	250g	
Garlic	1	
Fresh ginger	1	
Apple	2	
Rhubarb	2	
Orange	2	
Lime	2	
Lemon	2	
Mixed berries	300g	
Watercress or rocket	Bunch	
Mint	Packet	
Parsley	Bunch	

FOOD	AMOUNT	DONE
FRIDGE		
Salmon fillets	480g (4 fillets)	
Tofu	240g	
Greek yoghurt	Tub	
Parmesan cheese	Packet	
Milk	1L	
Egg	1	
Ready-made custard (if you don't want to make your own)	Large carton	
PANTRY		
Wholemeal flour	40g	
Rolled oats	60g	
Desiccated coconut	Small pouch	
Custard powder	Small pouch	
Sunflower seeds	65g	
Pine nuts	30g	
Mixed nuts	65g	
Olive oil	Small bottle	
Sweet chilli sauce	Small bottle	
Brown sugar	Small packet	
Allspice	Small packet	
Cinnamon	Small packet	
Sparkling water	1L	
Tea bags – jasmine, black or fruit teas	Mix	
OTHER		
Woodchips	Small bag	