

Master shopping checklist

Cleaning

Dishwasher tablets
Sunlight liquid
So pure kitchen cleaner
Tile cleaner
Laminate floor cleaner
Washing tablets
Domestos
Windowlene
Soap scum
Mould remover
Scrubbing brush
Cloths: scourers, multi
Drain cleaner
Vanish - carpet & clothing

Kitchen

Clingwrap
Foil
Baking paper
Black bags
Bin bags
Zip locks - s, m, l
Paper towel

Toiletries

Shampoo
Conditioner
Body wash
Sponges: kids, us
Body lotion
Deodorant
Toothbrushes
Toothpaste
Mouth wash
Razors
Tampax
Pantyliners
Panado - kids & adults
Other meds
Plasters
Toilet paper
Tissues
Shaving foam
Ear buds
Cotton wool pads
Hand wash
Floss harps

Baking

Vanilla extract
Flour: Cake, self-raising
Food colouring
Bicarb
Baking powder
Icing sugar
Chocolate chips
Cocoa

Freezer

Frozen vegetables
Kids meals
Mince - lamb & extra lean beef
Mini pizzas
Ww chicken pies
Chicken nuggets & strips
Chicken
Braai things
Sausage
Berries
Sweet potato fries
Bacon
Fish - crumbed, haddock & hake
Fish fingers
Pizza bases

Baby

Formula
Nappies
Bum wipes
Bepantran
Toothpaste
Breakfast cereal
Cupboard snacks

Dairy

Milk
Yoghurt: ff, fc & small tubs
Cheese
Eggs
Cottage cheese
Butter

Snacks

Biltong
Popcorn
70% chocolate
Rusks
Quinoa crisps

Pantry

Pasta
Coffee pods
Sugar
Rooibos tea
Honeybush tea
Chai
Hot chocolate
Herbal tea
Honey
Tuna
Water
Cordial
Tab
Oateas
Oats
Coconut milk
Jam
Gerkins
Peanut butter
Bovril
Brown bread
Lite cup a soup
Wraps
Quinoa
Rice
Tin tomatoes

Condiments

Salt
Pepper
Tomato sauce
Chutney
Mayonnaise
Vinegar
Soy sauce
HP sauce
Spices
Tabasco
Worcestershire sauce
Balsamic vinegar
Olive oil - cooking & salad
Spur BBQ sauce

Vegetables & fruit

Courgettes
Broccoli
Lettuce
Cucumber
Mushrooms
Onions
Garlic
Avos
Apples
Potatoes
Pears
Herbs: coriander, mint
Tomatoes
Peaches
Grapes
Watermelon
Lemons
Bananas
Melon
Mangos
Peppers
Strawberries
Carrots

