

# WEEKLY GROCERY LIST

## Fresh Fruits

- Lemons
- Pineapples
- Mangoes
- Oranges
- Bananas
- Apples
- Grapes
- Pears
- Avocados
- Peaches
- Watermelon
- Plantain
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## Fresh Vegetables

- Cabbage
- Onions
- Fresh tomatoes
- Spinach
- Peppers
- Carrots
- Cucumbers
- Leek
- Pumpkin
- Aubergine
- Lettuce
- Cauliflower
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## Carbohydrates

- Rice
- Pasta
- Maize flour
- White flour
- Bread
- Tortillas
- Chapati
- Couscous
- Cereals
- Cassava
- Sweet potatoes
- Quinoa
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## Legumes

- Kidney beans
- Green beans
- Lentils
- Peas
- Chickpeas
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## Drinks

- Still water
- Sparkling water
- Milk
- Orange juice
- Apple juice
- Tea & Sugar
- Coffee
- Hot chocolate
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## Bathroom & Toilet

- Hair shampoo
- Hair conditioner
- Body wash
- Hand wash
- Hair oil
- Deodorant
- Toilet cleaner
- Toilet paper
- Toothbrushes
- Toothpaste
- Shaving razor
- Suncream
- Body lotion
- Cosmetics
- Paper towels
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## Herbs & Spices & Condiments

- Parsley
- Mint
- Salt & Pepper
- Garlic
- Paprika
- Thyme
- Pickles
- Maggi cubes
- Beef spice
- Chicken spice
- Vegetable spice
- Ketchup
- Vinegar
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## TINNED Food

- Peeled tomatoes
- Corn
- Tuna
- Sardines
- Olives
- Pickles
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## Meat & Fish & Seafood

- Whole chicken
- Chicken breast
- Beef for stew
- Beef for steak
- Minced meat
- Whole fish
- Fish fillet
- Frozen fish
- Prawns
- Shrimps
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## Snacks & Dessert & Other Treats

- Nuts
- Dried fruit
- Yoghurt
- Cheese
- Banana chips
- Potato chips
- Biscuits
- Ice cream
- Sweets & gums
- Chocolate
- Popcorn
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## Cleaning items

- Dishwashing soap
- Sponges
- Wipers
- Mops
- Detergent
- Multi-purpose cleaner
- Window cleaner
- Soda
- Cloth wipes
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## Other

- Cooking oil
- Other oils (almond, olive, sesame, coconut)
- Printing paper
- Glue, pens, etc
- Scissors
- Aluminium foil
- Plastic film
- Bin liners
- Containers
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## Medicine

- Paracetamol
- Aspirin
- Plaster
- Anti-allergy
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## Baking

- Baking powder
- Yeast
- Flour
- Soda
- Butter
- Eggs