

Basic Shopping List

This basic shopping list will make stocking your pantry a breeze

Olive oil

Pantry

Cooking oil

Salt and pepper

Tomato Paste

Mixed herbs

Spice mix

Stock powder or stock cubes

Vinegar

Balsamic Vinegar

Tuna

Tinned beans

Tinned tomatoes

Rice

Pasta

Pasta Sauce

Onions

Garlic

Bovril or Marmite

Lone life milk

Jam

Honey or syrup

Breadcrumbs

Sauces

Chocolate

Freezer

- Bread and wraps
- Bacon
- Mince

Fridge

- Veegtes (mixed vee spinacn & peas)
- Eggs
- Butter
- Milk
- Cheese
- Yoghurt
- Bottled lemon juice
- Mustard

Basic baking supplies

- Flour
- sugar
- Baking powder
- Vanilla essence
- Icing Sugar

Entertaining Staples

- Frozen berries
- Cocoa powder
- Popcorn
- Chips
- Nuts
- Pesto
- Tea and coffee
- Olives
- Saltcrax or ather crackers