

Basic shopping list

Pantry

- Olive oil
- Cooking oil
- Salt and pepper
- Tomato paste
- Mixed herbs
- Spice mix
- Stock powders or stock cubes
- Vinegar
- Balsamic vinegar
- Tuna
- Tinned beans
- Tinned tomatoes

- Rice
- Pasta
- Pasta sauce
- Onions
- Garlic
- Bovril or Marmite
- Long life milk
- Jam
- Honey or syrup
- Breadcrumbs
- Sauces
- Chocolate



Freezer

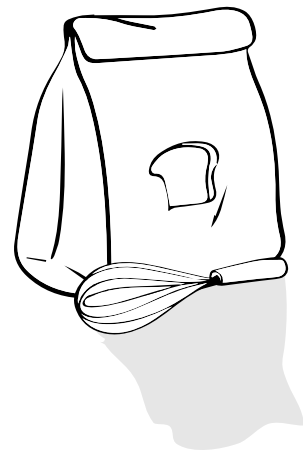
- Bread and wraps
- Bacon
- Veggies (mixed veg, spinach & peas)
- Mince

Fridge

- Eggs
- Butter
- Milk
- Cheese
- Yoghurt
- Bottled lemon juice
- Mustard

Basic baking supplies

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



Entertaining staples

- Frozen berries
- Popcorn
- Chips
- Nuts
- Pesto
- Olives
- Tea and coffee
- Salticrax or other crackers
- Wine

