

# FORTNIGHTLY GROCERY LIST

1 Adult



## FRUITS AND VEGGIES:

1.4kg (9) apples  
1.4kg (9) bananas  
1.4kg (9) oranges  
500g carrots  
700g potatoes  
500g pumpkin  
4 onions  
3 tomatoes  
400g Frozen mixed veg  
400g Frozen peas



## MEATS:

300g mince  
300g lamb chops  
300g Beef rump steak  
500g canned tuna  
400g Chicken breast  
550g eggs  
400g unsalted nuts



## GRAINS:

500g Weetbix  
3 loaves Wholemeal bread  
1.6kg Rolled oats  
150g Cornflakes  
400g pasta  
400g rice  
200g wholegrain crackers



## CANNED GOODS:

400g four Bean mix  
(1 can)  
  
400g diced tomatoes  
(1 cans )



## DAIRY:

200g cheddar cheese  
1.1L Milk  
1.6kg yoghurt

