

FORTNIGHTLY GROCERY LIST

2 Adults over the age 65



FRUITS AND VEGGIES:

2.8kg (19) apples
2.8kg (19) bananas
2.8kg (19) oranges
1kg carrots
800g potatoes
1kg pumpkin
8 onions
5tomatoes
800g Frozen mixed veg
800g Frozen peas



MEATS:

400g mince
450g lamb chops
450g Beef rump steak
900g canned tuna
750g Chicken breast
1.1kg eggs
400g unsalted nuts



GRAINS:

720g Weetbix
2 loaves Wholemeal bread
2kg Rolled oats
200g Cornflakes
500g pasta
500g rice
200g wholegrain crackers



CANNED GOODS:

800g four Bean mix
(2 cans)
800g diced tomatoes
(2 cans)



DAIRY:

700g cheddar cheese
3.4L Milk
2kg yoghurt

