

FORTNIGHTLY GROCERY LIST

2 Adults and 2 kids (14 and 8 years)



FRUITS AND VEGGIES:

5.5kg (36) apples
5.5kg (36) bananas
5.5kg (36) oranges
2.3kg carrots
2.3kg potatoes
2.2kg pumpkin
16 onions (1.6kg)
11 tomatoes (1.6kg)
1.6kg Frozen mixed veg
1.6kg Frozen peas



MEATS:

1.1kg mince
1.2kg lamb chops
1.2kg Beef rump steak
1.8kg canned tuna
1.5kg Chicken breast
2.2kg eggs
800g unsalted nuts



GRAINS:

2.2kg Weetbix
8 loaves Wholemeal bread
6.5kg Rolled oats
700g Cornflakes
1.6kg pasta
1.6kg rice
800g wholegrain crackers



CANNED GOODS:

2kg four Bean mix
(5 cans)
1.6kg diced tomatoes
(5 cans)



DAIRY:

1kg cheddar cheese
5L Milk
7kg yoghurt

