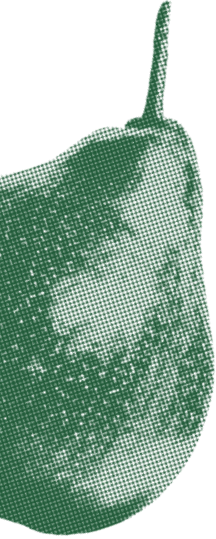
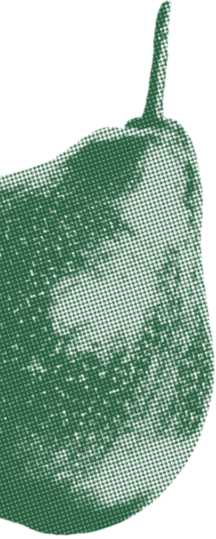


shopping list.



- ☐ **Fruit**
.....
- ☐ Seasonal berries (summer)
.....
- ☐ Apples/Oranges
.....
- ☐ Bananas
.....
- ☐ Mandarin
.....
- ☐ Pears
.....
- ☐ Peaches
.....
- ☐ Nectarines
.....
- ☐ Kiwi fruit
.....
- ☐ Mango
.....
- ☐ Oranges
.....
- ☐ Watermelon
.....
- ☐ Tinned fruit (in natural juice)
.....
- ☐ Lychees
.....
- ☐ Pineapple
.....
- ☐ Rockmelon
.....

shopping list.



- ☐ Vegetables

- ☐ Carrot or celery sticks

- ☐ Cucumber or capsicum slices

- ☐ Cherry tomatoes

- ☐ Avocado

- ☐ Snow peas

- ☐ Raw green beans

- ☐ Corn

- ☐ Broccoli

- ☐

- ☐

- ☐

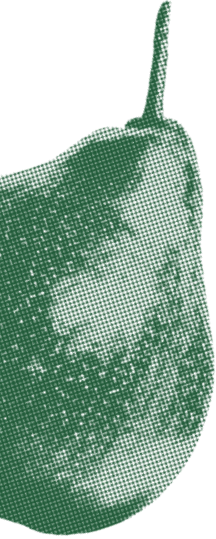
- ☐

- ☐

- ☐

- ☐

shopping list.



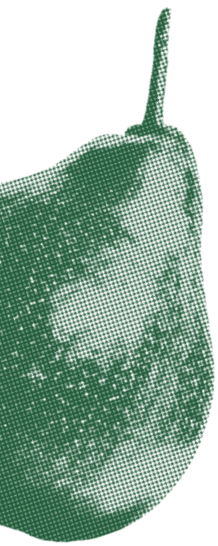
- ☐ **Pantry**

- ☐ Wholegrain sandwiches/wraps
- ☐ Wholegrain crackers
- ☐ Chickpeas (canned or roasted)
- ☐ Dried fruit
- ☐ Canned corn
- ☐ Canned tuna/salmon
- ☐ Plain popcorn

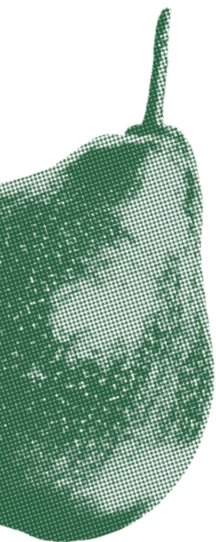
- ☐ **Fridge**

- ☐ Yoghurt
- ☐ Cubed cheese
- ☐ Slice cheese
- ☐ Cubed cheese
- ☐ Hummus
- ☐ Eggs
- ☐ Falafel balls

shopping list.



shopping list.



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....

shopping list.



.....



.....



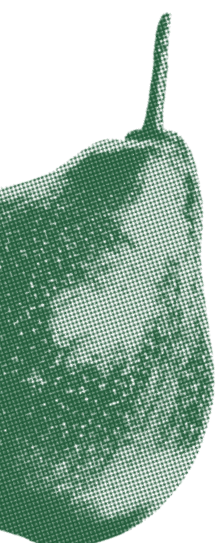
.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....

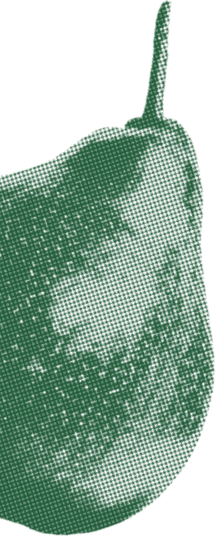


.....



.....

shopping list.



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....



.....