

FORTNIGHTLY GROCERY LIST

1 Adult & 2 kids (14, 8 years)



FRUITS AND VEGGIES:

4g (26) apples
4kg (26) bananas
4kg (26) oranges
1.6kg carrots
1.6kg potatoes
1.6 g pumpkin
12 onions (1.2kg)
8tomatoes (1.2kg)
1.2kg Frozen mixed veg
1.2kg Frozen peas



MEATS:

800g mince
850g lamb chops
900g Beef rump steak
1.4kg canned tuna
1.1kg Chicken breast
1.6kg eggs
350g unsalted nuts



GRAINS:

1.6kg Weetbix
6 loaves Wholemeal bread
5kg Rolled oats
500g Cornflakes
1.2kg pasta
1.2kg rice
600g wholegrain crackers



CANNED GOODS:

1kg Four Bean mix
(2.5 cans of 400g)

1.2kg diced tomatoes
(3 cans of 400g)



DAIRY:

750g cheddar cheese
3.7L Milk
5kg yoghurt

