

Weekly shopping list

Mark with a fluorescent the food bought during the week

Fruit			Meat			Bread/Pastries		
Apple	Mandarin	Raspberry	Beef	Chicken	Minced beef	Bread	Biscuit	Plait
Banana	Melon	Blackberry	Lamb	Turkey	Sausage	Sliced bread	Pie	Brioche
Orange	Watermelon	Lemons	Pork	Partridge	Hamburger	Rusk	Donuts	_____
Grape	Plums	_____	Rabbit	Duck	_____	Croissant	Cake	_____
Pear	Pineapple	_____	Goat	Quail	_____	Sponge cake	Muffin	_____
Strawberry	Khaki	_____				Brioche	Millefeuille	
Kiwi	Pomegranate	_____				Cereal	Pain au chocolat	
Vegetable			Fish			Frozen/Tinned Food		
Broccoli	Parsley	Pumpkin	Tuna	Mackerel	Red mullet	Russian salad	Mackerel	_____
Chard	Celery	Corn	Sea bream	Monkfish	Turbot	Pizza	Anchovy	_____
Lettuce	Carrot	Cabbage	Sea bass	Trout	Red sea bream	Pea	Clam	_____
Tomato	Turnip	Asparagus	Sardine	Sole	Pomfret	Croquette	Corn	_____
Pepper	Beetrot	Green bean	Anchovy	Bonito	_____	Squid	Tuna	_____
Cucumber	Garlic	_____	Salmon	Swordfish	_____	Small turnover	Asparagus	
Aubergine	Onion	_____	Hake	Pompano	_____	Nuggets	Pepper	
Courgette	Potato	_____	Cod	John dory	_____	Mussel	_____	
Mushroom	Cauliflower	_____				Cockle	_____	
Leek	Spinach	_____				Sardine	_____	
Legume			Sea Food			Drinks		
Chickpea	Lentil	_____	Clam	Octopus	Shrimp	Water	Rum	_____
Bean	Pea	_____	Cockle	Cuttlefish	Crab	Beer	Gin	_____
Soya bean	_____	_____	Mussel	Prawn	Barnacle	Soft drink	Vodka	_____
			Razor shell	Lobster	_____	Wine	_____	_____
			Squid	Norway lobster	_____	Juice	_____	_____
			Brown crab	Spider crab	_____	Whisky	_____	_____
Dairy Products/Eggs			Pasta/Rice			Others		
Milk	Butter	Jelly	Noodles	Macaroni	Spring roll	Coffee	Sugar	Oil
Yogurt	Margarine	Eggs	Spaghetti	Lasagne	Rice	Tea	Salt	Vinegar
Creme caramel	Cheese	_____	Tortellini	Ravioles	_____	Cocoa	Pepper	Jam
Mousse	Ice cream	_____	Gnocchi	Taglierini	_____	Chocolate	Oregano	Tomato sauce
			Flour	Cannellone	_____	Snacks	Sweeties	_____
						_____	_____	_____
						_____	_____	_____
						_____	_____	_____
						_____	_____	_____
Nuts			Pickleds					
Almond	Walnut	Sunflower seeds	Gherkin	Garlic	_____			
Cashew	Pistachio	_____	Lupin bean	Olive	_____			
Hazelnut	Peanut	_____	Scallion	Chilli pepper	_____			
Chestnut	Pine nut	_____						