

# Grocery List

## Fruits & Veggies:

- Apple
  - Banana
  - Strawberry
  - Pineapple
  - Oranges
  - Melon / Watermelon
  - Kiwi
  - Tomato/ Cherry
  - Tomato
  - Cucumber
  - Carrots/ Baby carrots
  - Pepper
  - Lettuce
  - Baby Spinach
  - Celery
  - Eggplant
  - Zucchini
  - Herbs
  - Onion / Garlic
  - Potato
  - Green beans
  - Lemon / Lime
  - Broccoli
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## Beef, Poultry &

## Seafood:

- Veal / escalope
  - Fillet / steak
  - Roast
  - Mince beef
  - Stroganoff
  - Beef liver
  - Hotdog
  - Burgers
  - Whole chicken
  - Chicken breast
  - Chicken thighs
  - Chicken liver
  - Shrimp
  - Salmon fillet
  - Seabass / Seabream
  - fillet
  - Calamari
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## Deli & Dairy:

- Cold cuts
- Edam/Gouda cheese
- Feta Cheese
- Halloumi cheese
- Black Olives
- Kiri / LVQR
- Cheese Strings
- Mozzarella cheese
- Parmesan Cheese
- Yogurt
- Yogurt drink
- Eggs

- FF milk
  - LF milk
  - Choc / banana milk
  - Butter
  - Ghee
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## Bread & Bakery:

- Bread rolls
  - Pita bread
  - Toast (white / WM)
  - Rusk
  - Bagels
  - Cupcakes
  - Croissants
  - Baguette
  - Choc chip cookies
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## Canned & Dry Food:

- Tomato sauce
- Fava bean
- Hummus
- Tuna / anchovies
- Corn
- Spaghetti
- Penne
- Bowtie

- Vermicelli
  - Egyptian rice
  - Basmati Rice
  - Quinoa
  - Couscous
  - Burghul
  - Lentils
  - Lasagna/cannelloni
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## Baking Supplies:

- Flour
  - Baking Powder
  - Baking soda
  - Instant yeast
  - Choc Chips
  - Sugar
  - Brown Sugar
  - Cocoa
  - Vanilla extract
  - Brownie Mix
  - Cupcake mix
  - Cake mix
  - Pancake mix
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## Drinks & Beverages:

- Tea

- Nescafe 3x1
  - Nescafe Gold
  - Peppermint inf.
  - Organic juice
  - Orange juice
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## Condiments &

## Seasonings:

- Salt
  - Pepper
  - Cinnamon
  - Cumin
  - Garlic powder
  - Nutmeg
  - Ketchup
  - Honey mustard
  - Mustard
  - Hot sauce
  - Mayonnaise
  - Peri-Peri
  - Soy Sauce
  - Olive oil
  - Sunflower oil
  - Corn oil
  - Canola oil
  - White vinegar
  - Balsamic Vinegar
  - Apple cider vinegar
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## Breakfast Food:

- Coco pops
  - Cheerios
  - Oats
  - Granola bars
  - Waffles
  - Honey
  - Jam
  - Peanut Butter
  - Nutella
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## Frozen food:

- Peas
  - Bamiya
  - Molokheya
  - Green beans
  - Artichokes
  - Corn
  - Whole chicken
  - French fries
  - Chicken popcorn / nuggets
  - Strawberry
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## Snacks, sweets &

### Crisps:

- Oreo
  - Wafers / biscuit
  - Nesquick cake
  - Chocolate
  - Digestive
  - Sun bites
  - Pop corn
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## Household & cleaning

### supplies:

- Batteries
- Light bulbs
- Aluminum foil
- Cling-a-wrap
- Baking paper
- Zip lock bags
- Sandwich bags
- Large garbage bags
- Small garbage bags
- Toilet paper rolls
- Kitchen towels
- Tissue boxes
- Dettol / Clorox
- Dettol / Clorox spray
- Jif

- Harpic
  - Pledge
  - Windex
  - Fairy
  - Clorox wipes
  - Persil Gel
  - Comfort
  - Dr. Beckmann sheets
  - Dr. Beckmann stainless steel cleaner (fridge)
  - Dr. Beckmann ceramic stove cleaner
  - Febreze air freshener
  - Airwick refills
  - Mr. Muscle toilet gel discs
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## Health & personal

### hygiene:

- Hand soap
- Liquid soap
- Toothpaste
- Toothbrush
- Mouth wash
- Dental floss
- Shampoo
- Conditioner
- Shaving cream
- Razors / blades

- Sanitary Pads / Tampons
  - Q-tips
  - Cotton balls / discs
  - Hand cream
  - Hair Dyes
  - Deodorant
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## Miscellaneous:

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