

Essential Groceries Itemized List

Produce

Apples 6 pcs

Bananas 1 bunch

Carrots 1 kg

Broccoli 2 heads

Dairy

Milk 2 L

Eggs 1 dozen

Butter 250 g

Cheese 200 g

Grains & Bakery

Bread 1 loaf

Rice 2 kg

Pasta 500 g

Breakfast Cereal 1 box

Proteins

Chicken Breast 1 kg

Ground Beef 500 g

Canned Tuna 3 cans

Tofu 400 g

Pantry & Misc.

Cooking Oil 1 L

Sugar 1 kg

Salt 500 g

Tea/Coffee 1 box