



GEMMA'S SHOPPING LIST

Fresh Fruit

4 Bananas
2 Punnets of Strawberries
3 Mangos
8 Apples
1 Lettuce
3 Tomatoes
1 Cucumber

Fridge & Dairy

1 litre of Skim Milk
1 block of Light Cheese

Delicatessen

5 Chicken Loaf Slices
2 Chicken Breasts

Fresh Vegetables

1 Butternut Pumpkin
2 Potatoes
3 Onions
2 Carrots
1 Bunch of Shallots
1 Bunch of Broccoli

Frozen Vegetables & Items

2 litres of Ice Cream

Fresh Meat Section

500 grams of lean Mince