



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*