



Shopping List

Apples	Feta with b pepper	Sugar	chakalaka	Parsley
Oranges	Plain yoghurt	Flour	Ginger	Sweet Basil
Bananas	Apricot Yoghurt	Maize meal	Rosemary	Crushed Chillis
Onions	Flora butter	Rice	Mixed Herbs	Steak+chop spice
Potatoes	Braai meat	Spaghetti	Paprika	Chicken spice
Butternut squash	Frozen pork sausages	Penna Pasta	Black Pepper Ground	Portuguese chicken
Baby Marrow	Chicken Breast	Lasagne sheets	Black Pepper corns	Aromat
Mushrooms	Smoked Vienna	Bacon+cabanora sauce	Salt	Cayon Pepper
Broccoli	Ham	Tomato+Herb sauce	Coarse Salt	Beef+Chicken stock
Peppers	Bacon	Chicken in bag packets	Cinnamon	Vegetable stock
Coli Flower	Veggie chicken+Original burger	Tomato+Onion mix	BBQ spice	Tomato sauce
Carrots	Veggie chicken strips	Sweet corn tin	Chicken spice	Sweet chilli sauce
Avocado's	Veggie pie	Corn tin	Crushed garlic	Steers garlic sauce
Lettuce	Veggie sausage	Tomato puree	Mild+Spicy Cury	Nandos peri peri sauce

