

Shopping List - (Breakfasts, Snacks, Bites & Dessert)

Dairy & Eggs

- Yogurt (plain/Greek style) - 500 g / 17 oz
- Milk (dairy or plant-based) - 500 ml / 2 cups
- Cheese slices (cheddar, gouda, or similar) - 200 g / 7 oz
- Eggs - 6
- Butter - 200 g / 7 oz
- Vanilla ice cream - 1 small tub (~500 ml / 2 cups)

Bread & Grains

- Whole wheat or white bread - 1 loaf
- Crackers - 1 pack
- Rice cakes - 1 pack (8-10 pieces)
- Rolled oats - 250 g / 9 oz
- Granola - 200 g / 7 oz

Vegetables & Fruits

- Bananas - 3
- Apples - 3
- Fresh fruit (berries, grapes, or seasonal) - 300 g / 10 oz
- Carrots - 3 medium
- Cucumbers - 2
- Bell peppers - 2
- Cherry tomatoes - 200 g / 7 oz
- Lettuce or salad greens - 1 small head/bag
- Olives - 100 g / 3.5 oz

Meat & Deli

- Turkey slices (or ham/chicken) - 150 g / 5 oz

Nuts & Pantry Items

- Peanut butter - 1 small jar (200 g / 7 oz)
- Mixed nuts (almonds, walnuts, etc.) - 100 g / 3.5 oz
- Hummus - 150 g / 5 oz

Dessert & Baking

- Dark chocolate - 200 g / 7 oz
- Extra dark chocolate - 150 g / 5 oz
- Sugar - 250 g / 1 ¼ cups
- Flour - 100 g / ¾ cup
- Vanilla extract - 1 tsp
- Salt - pinch