



Boniwe's Shopping List

Vegetables and Fruit

- Apples _____
- Spinach _____
- Cabbage _____
- Oranges _____
- Pumpkin _____
- Carrots _____

Carbohydrate Foods

- Bread _____
- Maize mealie _____
- Rice _____
- Samp _____
- _____
- _____

Protein Foods

- Chicken _____
- Canned/fresh fish _____
- Lean minced meat _____
- _____
- _____
- _____

Dairy Foods

- Milk _____
- Cheese _____
- Maas/sour milk _____
- _____
- _____
- _____

Beans & Lentils

- Dry Beans _____
- Lentils _____
- _____
- _____
- _____
- _____

Fats & Oils

- Canola oil _____
- Butter/margarine _____
- _____
- _____
- _____
- _____

Drinks

- _____ _____
- _____ _____