



The Organised You
TAKE BACK YOUR LIFE

MASTER SHOPPING LIST

KEEP A HANDY LIST OF YOUR MOST-USED ITEMS TO HELP
QUICKLY CREATE YOUR SHOPPING LIST



jo@theorganisedyou.com
www.theorganisedyou.com

MASTER SHOPPING LIST

PANTRY	BAKING	FRIDGE	HEALTH & BEAUTY
	FOOD STORAGE	FROZEN	CLEANING
KIDS			

MASTER SHOPPING LIST

PANTRY

Salt
Pepper
Stock
Spices
Vinegar- white & red wine,
apple cider, white
Oils - olive, coconut
Sauces

Polenta
Risotti
Couscous
Lentils - red, du puy
Rice - brown, arborio, quinoa
Taco shells
Pasta - spaghetti, penne,
lasagna sheets
Noodles
Cereal - weetbix, weeties, oats
Almond meal
Seeds- sesame, sunflower,
pepitas, chai, linseed mix
Nuts - almonds, walnuts, pine,
cashews

Crackers
Cruskits
Popcorn
Rice cakes
Bread

Pita bread
Dates
Corn chips
Beans
Baked beans
Coconut milk
Tins of tomatoes
Passata
Tuna
Rice malt syrup
Peanut butter
Nut butter
Vegemite
Tea
Coffee

BAKING

Cacao
Coconut - shredded,
desiccated
Bi-carb
Flour - plain, self-raising,
cornflour, coconut
Stevia
Vanilla extract

FOOD STORAGE

Glad wrap
Al foil
Baking paper
Ziplock bags

FRIDGE

Mayonnaise
Mustard - dijon, wholegrain
Cream cheese
Spreadable butter
Anchovies
Olives
Ham
Bacon
Yoghurt
Cheese - cheddar, parmesan,
ricotta, feta, mozzarella
Cream
Butter
Milk
Eggs

FROZEN

Pastry
Veg - peas, broccoli
Raspberries
Blueberries
Filled pasta
Fish fingers

KIDS

Nappies
Wipes
Nappy bags
Bath wash
Shampoo

CLEANING

Tissues
Paper towel
Toilet paper
Napisan
Wool wash
Toilet cleaner
Washing soda
Borax
Castile soap
Dishwashing liquid
Sponges & cloths
Rinse-aid
Dishwasher cleaner
Dishwasher tablets

HEALTH & BEAUTY

Soap
Hand wash
Toothpaste
Sanitary products
Body wash
Deodorant
Razor
Cotton pads
Cotton buds
Panadol
Sunscreen

Want to be more productive and efficient in your daily life?
Want to create more *calm and order* in your life?

Check out The Productivity Pack:
<https://courses.theorganisedyou.com/p/productivity-pack>

***For only \$7, the Productivity Pack will help you to stay on top of your to-do's,
set goals, plan your time and create routines, all in one place!***