

# Grocery List

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## Personal Care

- toothpaste
- toothbrush
- dental floss
- cotton swab
- cotton pad
- baby oil
- shampoo
- body shampoo/soap
- hair wax
- toilet paper
- facial tissue
- tissue box
- sanitary napkins

## Paper & plastic

- toilet paper
- tissue box
- tissue packets
- paper towels
- cling wrap
- ziploc bag
- aluminium foil
- plastic bag
- garbage bag

## Cleaning

- dishwasher detergent
- glass spray
- laundry detergent

## Cans & packets

- kidney beans
- tomato puree
- canned pineapples
- fruit jam
- kaya
- canned mushrooms
- tuna
- sardine
- instant noodles

## Snacks

- prunes
- raisins
- nuts
- chocolate
- crackers/biscuits
- seasoned seaweed
- sour plum
- chips

## Bakery

- wholemeal bread
- white bread
- burger buns
- pita bread
- baguette

## Baking & Sugar

- sugar
- brown sugar
- wholemeal flour
- flour
- self-raising flour
- yeast
- baking powder
- baking soda
- vanilla powder
- cocoa powder
- chocolate chips
- icing sugar
- cornstarch

## Oil & Sauce

- olive oil
- extra virgin olive oil
- frying oil
- sesame oil
- vinegar
- balsamic vinegar
- apple cider vinegar
- chinese rice wine
- mayonnaise
- mustard
- tomato sauce
- chili sauce
- soya sauce
- thick soya sauce
- oyster sauce
- wasabi
- miso
- worcestershire sauce

## Seasoning

- table salt
- sea salt
- pepper
- peppercorn

## Fresh Herbs & Spices

- lemongrass
- cinnamon
- nutmeg
- cumin (jintan putih)
- fennel (jintan manis)
- curry powder
- turmeric
- cinnamon
- star anise
- cardamom
- candlenuts (buah keras)
- tamarind (asam)
- belacan
- coriander/cilantro
- parsley
- mint
- basil
- thyme
- rosemary
- dill
- wolfberry
- red dates

## Fruits

- lime
- lemon
- banana
- orange
- apple
- papaya
- dragon fruit
- mango
- honeydew
- guava
- pineapple
- watermelon
- peach
- kiwi
- avocado
- grapes
- strawberry
- durian

## Vegetables

- kailan
- bok choy
- kangkung
- spinach
- lettuce
- cabbage

- tomatoes
- carrots
- cucumbers
- beans sprouts
- spring onion
- corn
- celery
- broccoli
- cauliflower
- asparagus
- long beans
- ladies finger
- brinjal
- capsicum
- cherry tomato

- mushrooms
- dried seaweed
- tofu
- lentli (dal)

- sweet potatoes
- potatoes
- garlic
- onions
- shallots
- ginger
- turmeric
- galangal (lengkuas)
- chilli
- cili padi
- banana leaves

- radish
- old cucumber
- lotus root
- arrowroot

## Meat

- beef
- chicken
- pork
- mutton

## Seafood

- prawns
- dried shrimps
- anchovies
- fish

## Dairy

- milk
- yoghurt
- eggs
- cheddar cheese
- butter
- margarine
- mozzarella cheese
- parmesan cheese
- whipped cream

## Frozen

- ice-cream
- sausages
- bacon
- pizza
- fruits
- vegetables

## Drinks

- soya milk
- tea
- honey
- mineral water
- milo
- juice
- coffee
- soft drinks

## Rice & pasta

- brown rice
- rice
- spaghetti
- vermicelli

## Breakfast

- granola bars
- muesli
- oats
- cereal

## More:

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