Grocery List

www.jewelpie.com

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
- ☐ 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
- ☐ mozarella 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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