



STUDENT GUILD
GRIFFITH UNIVERSITY • GOLD COAST

\$60 GROCERY GUIDE

YOUR SHOPPING LIST:

- | | |
|---|--|
| <input type="checkbox"/> 1L Milk | <input type="checkbox"/> 1 Zucchini |
| <input type="checkbox"/> 6 Bananas | <input type="checkbox"/> 400g Chicken Breast or 600g firm Tofu |
| <input type="checkbox"/> 1 kg Bag of Oats | <input type="checkbox"/> 1 satchet of Mexican seasoning |
| <input type="checkbox"/> 6 Carrots | <input type="checkbox"/> 1 kg bag of rice |
| <input type="checkbox"/> 5 small Sweet Potatoes | <input type="checkbox"/> 200g Edamame |
| <input type="checkbox"/> 2 Onions | <input type="checkbox"/> 1 packet of Pasta |
| <input type="checkbox"/> 2 Cucumbers | <input type="checkbox"/> 1 500g jar of Pasta Sauce |
| <input type="checkbox"/> 500g Bag of Broccoli /
Cauliflower frozen veg | <input type="checkbox"/> 1 Bottle of Soy Sauce |
| | <input type="checkbox"/> 600g Textured Vegetable protein
(Tempeh or cubed firm Tofu alternatives) |

**SCAN HERE
FOR RECIPES**

