

's Shopping List

Write how many fresh fruits and vegetables you need for the week, or cut out the fruit and vegetables on the next page to create your own list!



Apples



Green beans



Bananas



Lettuce



Grapes



Onions



Oranges



Peas



Broccoli



Potatoes



Carrots



Pumpkin



Cauliflower



Sweet potatoes



Corn



Tomatoes



Cucumbers



Zucchini



Apricots



Blueberries



Figs



Grapefruit



Kiwi fruit



Lemons



Limes



Mandarins



Mangoes



Nectarines



Pears



Peaches



Pineapple



Plums



Raspberries



Rockmelon



Watermelon



Asparagus



Beetroot



Bok choy



Brussel sprouts



Capsicum



Cabbage



Celery



Eggplant



Ginger



Kale



Leeks



Mushrooms



Radishes



Rocket



Snow peas



Spinach



Yellow squash