

دو ہفتہ کی خرید فہرست (Week-02) ہفتہ

پندرہ روزہ خرید فہرست کے لیے دو ہفتہ کی خرید فہرست

1

1	Apple - Green		nos	25
2	Artichoke Jerusalem		kg	1
3	Aubergine	small	kg	5
4	Avocado	ripe	nos	8
5	Basil Leaves		gm	700
6	Beans Long Green		gm	500
7	Bell Pepper - Green		kg	1
8	Bell Pepper - Red		kg	5
9	Bell Pepper - Yellow		kg	2
10	Blueberry	125gm	pkt	8
11	Bread - Brown	loaf L	nos	5
12	Bread - White	loaf L	nos	4
13	Burger Bun	medium	nos	45
14	Butter Milk		ltr	1
15	Cabbage - Chinese		kg	1
16	Carrot		kg	18
17	Celery		kg	10
18	Cheese Brie		kg	2
19	Cheese Cream	Philadelphia	kg	1
20	Cheese Mascarpone		kg	3
21	Cheese Parmesan Block Grana Padano		kg	6
22	Cheese Parmesan Grated		kg	1
23	Cheese Ricotta		kg	2
24	Cheese Slice Cheddar (12 slices)		pkt	5
25	Chesse Mozzarella Block		kg	3
26	Chilli - Padi	bonnet	gm	100
27	Chives		gm	200
28	Coconut Grated	250g pkt	pkt	3
29	Coriander Fresh		gm	200
30	Cucumber - Lebanese		kg	3
31	Curd	500gm cup	pkt	6
32	French Bread		nos	18
33	Fresh Basil	sweet	kg	1
34	Fresh coconut	medium	nos	4
35	Fresh Dill		kg	100
36	Fresh Italian Parsley		gm	700
37	Fresh Jalapeno		nos	8
38	Fresh Rocket Leaves		gm	700
39	Fresh Rosemary		gm	100
40	Fresh Tarragon		kg	100
41	Fresh Thyme		kg	300
42	Garlic		kg	1.5
43	Ginger		kg	1.5
44	Heirloom tomato (red)		kg	1.5
45	Heirloom tomato (yellow)		kg	1.5
46	Key Lime		kg	1
47	Kiwi Fruit		kg	1

48	Leeks		kg	2
49	Lemon		nos	70
50	Lettuce Iceberg		kg	2
51	Lettuce Red Oak Leaf		kg	1
52	Lettuce Romaine	baby	kg	5
53	Lime		kg	1
54	Mangoe - Honey		kg	6
55	Marshmallow		kg	1
56	Mint Leaves		gm	10
57	Nut Almond Whole		gm	500
58	Nut Cashew		gm	750
59	Nut Hazelnuts Shelled		gm	500
60	Nut Peanut		gm	400
61	Onion		kg	15
62	Onion Red		kg	3.5
63	Onion Spring		gm	800
64	Onion White		kg	2.5
65	Oranges		nos	50
66	Panini bread		nos	12
67	Papaya - Green		kg	2
68	Parsley		gm	600
69	Parsnip		gm	600
70	Passionfruit		nos	25
71	Pear - Green		nos	12
72	Pine nuts		gm	400
73	Plain yogurt	Greek	gm	500
74	Sundried Tomato		gm	500
75	Pomegranate		nos	3
76	Potato - Baby		kg	7
77	Potato Russet		kg	3
78	Pumpkin Butternut		kg	3
79	Raisin Black		kg	1
80	Raisin Golden		gm	150
81	Raspberry	125 gm pkt	pkts	3
82	Red Currant	126 gm pkt	pkt	2
83	Scallion		gm	400
84	Shallots		kg	4.5
85	Snowpeas		gm	400
86	Sour Cream		ltr	2
87	Spinach Baby		kg	1.5
88	Strawberry	250 gm pkt	kg	2.5
89	Tomato	Plum	kg	1.5
90	Tomato - Cherry Red		kg	3
91	Tortillas Sheet		pkt	2
92	Watercress		kg	1
93	Zucchini Green	1 no.	kg	1.5
94	Zucchini Yellow	2 no.	kg	1.5
95	Frozen Snow Peas	500g pkt	pkt	8

