

Shopping list by aisle

Sorted the way the shop is laid out — one lap, nothing forgotten, no walking back to the vegetables.

TellerPlan

tellerplan.ch

● Fruit & vegetables

QTY / AMOUNT

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

● Pasta, rice & tins

QTY / AMOUNT

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

● Bread & bakery

QTY / AMOUNT

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

● Frozen

QTY / AMOUNT

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

● Dairy & eggs

QTY / AMOUNT

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

● Drinks

QTY / AMOUNT

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

● Meat & fish

QTY / AMOUNT

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

● Household & other

QTY / AMOUNT

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Why the order matters

The aisles follow the order you actually walk them at Migros or Coop. Chilled things last — that way the chicken stays cold on the way home.