Wholesome Ireland Stocktake Sheets

Protein (Meat/Eggs/Beans etc)		
Item	Location	Quantity
Carbohydrate (Bread/Pasta/Rice/Potatoes etc)		
Item	Location	Quantity

© Wholesome Ireland 2012

Wholesome Ireland Stocktake Sheets

Baking (flour/sugar etc)		
Item	Location	Quantity
Dairy (milk/butter/cheese/yoghurt etc)		
Item	Location	Quantity

© Wholesome Ireland 2012

Wholesome Ireland Stocktake Sheets

Vegetables		
Item	Location	Quantity
Fruit		
Item	Location	Quantity
Storecupboard Staples (herbs/spices/teabags etc)		
Item	Location	Quantity

© Wholesome Ireland 2012