

Wholesome Ireland Stocktake Sheets

Date of Stocktake:

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

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

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

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