

grocery list

Produce

- Fresh garlic
- Red + white onion
- Lemons
- Lettuce
- Cucumber
- Fresh basil
- Fresh ginger
- Carrots
- Celery
- Fresh thyme
- Yellow bell pepper
- Red bell pepper
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Protein

- Boneless chicken breast
- Shrimp/prawns
- Ground beef/beef mince
- Ground pork/pork mince
- Boneless chicken thighs
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Pantry

- Salt and Black Pepper
- Olive oil + Oil for frying
- Garlic powder
- Dried oregano
- Canned tomatoes
- Pasta of your choice
- Garam Masala
- Ground cardamom
- Smoked paprika
- Chilli powder
- Flour
- Panko breadcrumbs
- Mayonnaise
- Red wine vinegar
- Pickled jalapeño
- Chilli flakes
- Tomato paste

Bakery

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Dairy

- Butter
- Heavy/whipping cream
- Parmesan cheese
- Mozzarella cheese
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Pantry Continued

- Beef stock
- Jasmine rice
- Peri-peri sauce
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Other

- Eggs
- Vodka
- Store-bought ravioli
- Frozen corn