

# grocery list

## Produce

- Fresh garlic
- Onion + Shallots
- Lemons
- Fresh chillies
- Asparagus
- Fresh basil
- Fresh parsley
- Mushrooms
- Fresh sage
- Onion
- Celery
- Carrots
- Red bell pepper
- Spring Onion/Scallions
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## Protein

- Boneless chicken breast x 2
- White Fish Fillets
- Anchovy Fillets
- Bone-in Pork Chops
- Rotisserie Chicken
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## Pantry

- Salt and Black Pepper
- Olive oil + Oil for frying
- Garlic powder
- Flour
- Panko breadcrumbs
- Marinara sauce
- Chilli flakes
- Canned tomatoes
- Pitted Olives
- Capers
- Orzo
- Chicken stock
- Rice
- Soy sauce
- Oyster sauce
- Sesame Oil
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## Bakery

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## Dairy

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

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## Other

- Frozen Peas
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