

grocery list

Produce

- Fresh garlic
- Onion
- Lemons
- Ginger
- Tomatoes
- Fresh thyme
- Fresh parsley
- Fresh rosemary
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Protein

- Boneless chicken thighs
- Ground Pork/pork mince
- Ground beef/beef mince
- Chicken breasts
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Pantry

- Salt and Black Pepper
- Olive oil
- Beef Stock
- Flour
- Cayenne pepper
- Garam Masala
- Ground Cardamom
- Ground Cumin
- Ground Coriander
- Paprika
- Mustard powder
- Ground nutmeg
- Canned Tomatoes
- Tomato paste
- Tomato Ketchup
- Macaroni
- Mayonnaise

Bakery

- White bread
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Dairy

- Butter
- Heavy/whipping cream
- Plain Yogurt
- Mature cheddar cheese
- Parmesan Cheese

Dairy Continued

- Milk
- Mozzarella
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Other

- Burger patties, buns and toppings
- Pickles
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