

# grocery list

## Produce

- Fresh garlic
- Onion + Red onion
- Lemons
- Fresh dill
- Fresh rosemary
- Fresh thyme
- Fresh parsley
- Fresh basil
- Fresh mint
- Baby Spinach
- Cucumber
- Tomatoes
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## Protein

- Bone-in chicken thighs
- Salmon fillets
- Steak of your choice
- Ground chicken/chicken mince
- Bacon
- Ground Lamb/lamb mince
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## Pantry

- Salt and Black Pepper
- Olive oil
- Paprika
- Garlic powder
- Dried oregano
- Rice
- Pasta of your choice
- Balsamic vinegar
- Panko breadcrumbs
- Chicken stock
- Sundried Tomatoes
- Cornstarch
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## Bakery

- Flour wraps/tortillas
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## Dairy

- Butter
- Heavy/whipping cream
- Parmesan Cheese
- Milk
- Greek yogurt

## Dairy Continued

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## Other

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