

grocery list

Produce

- Fresh garlic
- Onion + Red onion
- Lemons
- Red and Yellow Bell Pepper
- Tomatoes
- Fresh basil
- Fresh parsley
- Fresh ginger
- Spring onions
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Protein

- Boneless chicken thighs
- Boneless chicken breasts
- Bacon
- Shrimp
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Pantry

- Salt and Black Pepper
- Olive oil
- Paprika
- Garlic powder
- Dried oregano
- Rice
- Turmeric
- Peri-peri sauce
- Balsamic vinegar
- Chicken/vegetable stock
- Tomato Paste
- Coconut milk
- Red curry paste
- Rice vinegar
- Chilli oil/crisp
- Cornstarch
- Spaghetti

Bakery

- Bread for grilled cheese
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Dairy

- Butter
- Heavy/whipping cream
- Parmesan Cheese
- Mozzarella cheese
- Cheddar cheese

Pantry Continued

- Chilli flakes
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Other

- Frozen Corn
- Frozen dumplings
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