

grocery list

PRODUCE

- Fresh lemons
- Garlic
- Onion
- Fresh thyme
- Potatoes
- Sweet potatoes
- Avocados
- Tomatoes
- Fresh cilantro/coriander
- Fresh ginger
- Green/spring onions
- Stir fry vegetables
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PROTEIN

- Whole Chicken
- Ground beef/beef mince
- Chicken breasts
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PANTRY

- Olive oil
- Salt and black pepper
- Garlic powder
- Smoked paprika
- Dried oregano
- Beef + vegetable stock
- Tomato paste
- Onion powder
- Chili flakes
- Chickpeas
- Garam masala
- Ground cardamom
- Ground coriander
- Tomato puree
- Soy sauce
- Rice vinegar
- Hoisin sauce

BAKERY

- Flour tortillas
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DAIRY

- Sour cream
- Butter
- Heavy/whipping cream
- Olive oil
- Olive oil

PANTRY

- Cornstarch
- Noodles/rice for stir fry
- Sesame seeds
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OTHER

- Toppings for burger tacos: Lettuce, tomatoes, burger sauce, pickles, cheese, etc.,
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