

grocery list

PRODUCE

- Fresh lemons
- Garlic
- Onion
- Fresh ginger
- Fresh basil
- Butternut Squash
- Fresh parsley
- Fresh mint
- Fresh dill
- Cucumber
- Tomatoes
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PROTEIN

- Boneless chicken thighs
- Ground beef/beef mince
- Boneless Chicken Breasts
- Ground Lamb/Lamb Mince
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PANTRY

- Olive oil
- Salt and black pepper
- Garlic powder
- Smoked paprika
- Italian Herbs
- Garam Masala
- Ground cumin
- Turmeric
- Onion powder
- Tomato Passata
- Small wraps/tortillas
- Spaghetti
- Canned Chickpeas
- Coconut Milk
- Panko Breadcrumbs
- Flour
- Beef + Vegetable Stock

BAKERY

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DAIRY

- Plain Yogurt
- Heavy/whipping cream
- Parmesan Cheese
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PANTRY

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OTHER

- Eggs
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