

grocery list

PRODUCE

- Fresh lemons
- Garlic
- Onion + Red Onion
- Potatoes
- Fresh ginger
- Fresh chillies
- Bell peppers
- Carrots
- Fresh thyme

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PROTEIN

- Bone-in chicken thighs
- Ground beef/beef mince
- Boneless Chicken Thighs
- Beef fillet/filet mignon

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PANTRY

- Olive oil
- Salt and black pepper
- Garlic powder
- Smoked paprika
- Dried oregano
- Chicken + Beef Stock
- Dijon mustard
- Olives
- Curry powder
- Tomato puree
- Baked beans
- Cornstarch
- Taco seasoning
- Short pasta
- Jasmine rice
- Turmeric
- Beef + Vegetable Stock

BAKERY

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DAIRY

- Cheddar cheese
- Heavy/whipping cream
- Parmesan Cheese
- Feta cheese
- Sour cream

PANTRY

- Peri-peri sauce
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OTHER

- Frozen corn
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