

grocery list

PRODUCE

- ☐ Onion
- ☐ Garlic
- ☐ Celery
- ☐ Carrots
- ☐ Fresh lemons and limes
- ☐ Fresh ginger
- ☐ 1 cucumber
- ☐ 2kg/4lb Tomatoes
- ☐ 3 bell peppers
- ☐ 1 large sweet potato
- ☐ Fresh jalapeños
- ☐ 4 large potatoes
- ☐ Fresh basil
- ☐
- ☐
- ☐
- ☐

PANTRY

- ☐ Olive oil
- ☐ Salt and black pepper
- ☐ Chicken and beef stock
- ☐ 3 cans Chopped Tomatoes
- ☐ Turmeric
- ☐ Paprika
- ☐ Garam masala
- ☐ Curry powder
- ☐ Basmati rice/Jasmine rice
- ☐ 500g/1lb Spaghetti
- ☐ Balsamic vinegar
- ☐ Taco seasoning
- ☐ Smoked paprika
- ☐ 1 can kidney beans
- ☐ Instant yeast
- ☐ Flour
- ☐ Tomato paste

- ☐ Mixed dried herbs
- ☐ Cayenne pepper
- ☐ Mayonnaise
- ☐ Peri-peri sauce

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PROTEIN

- ☐ 800g/1½lb fish fillets
- ☐ 8x pork sausages
- ☐ 1kg/2lb ground beef mince
- ☐ 500g/1lb chicken breasts
- ☐
- ☐
- ☐
- ☐
- ☐

BAKERY

- ☐ Bread(for grilled cheese)
- ☐ Burger buns
- ☐
- ☐
- ☐

DAIRY

- ☐ 125ml Heavy cream
- ☐ Butter
- ☐ Parmesan cheese
- ☐ Cheddar cheese
- ☐ Mozzarella cheese

FROZEN

☐☐☐☐☐

OTHER

- ☐ Toppings for burgers: lettuce, tomato, onion, cheese
- ☐
- ☐
- ☐