

grocery list

PRODUCE

- ☐ Onion
- ☐ Garlic
- ☐ Celery
- ☐ Carrots
- ☐ Spinach
- ☐ Fresh ginger
- ☐ Potatoes
- ☐ Sweet potatoes
- ☐ Mushrooms
- ☐ Fresh thyme
- ☐ Fresh basil
- ☐ Fresh rosemary
- ☐
- ☐
- ☐
- ☐
- ☐

PROTEIN

- ☐ Rotisserie chicken
- ☐ Ground beef/beef mince
- ☐ Boneless chicken thighs
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

PANTRY

- ☐ Olive oil
- ☐ Salt and black pepper
- ☐ Chicken and beef stock
- ☐ Tomato paste
- ☐ Flour
- ☐ Paprika
- ☐ Dried oregano
- ☐ Garam masala
- ☐ Ground cardamom
- ☐ Ground cumin
- ☐ Ground coriander
- ☐ Canned tomatoes
- ☐ Short pasta of your choice
- ☐
- ☐
- ☐
- ☐

BAKERY

- ☐
- ☐
- ☐
- ☐
- ☐

DAIRY

- ☐ Heavy cream
- ☐ Butter
- ☐ Parmesan cheese
- ☐ Plain yogurt
- ☐

PANTRY

- ☐
- ☐
- ☐
- ☐
- ☐

OTHER

- ☐ Red wine
- ☐ Toppings for taco-stuffed sweet potatoes
- ☐
- ☐