

grocery list

PRODUCE

- ☐ Onion
- ☐ Garlic
- ☐ Fresh lemons and limes
- ☐ Fresh basil
- ☐ Baby spinach
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PANTRY

- ☐ Olive oil
- ☐ Salt and black pepper
- ☐ Chicken stock
- ☐ Smoked paprika
- ☐ Garlic powder
- ☐ Dried oregano
- ☐ Garam masala
- ☐ Curry powder
- ☐ Turmeric
- ☐ Basmati rice
- ☐ Chopped tomatoes
- ☐ Pasta of your choice
- ☐ Sundried tomatoes
- ☐ Cornstarch
- ☐ Cayenne pepper
- ☐ Mayonnaise
- ☐ Peri-peri sauce

☐☐☐☐☐☐

PROTEIN

- ☐ Boneless chicken breasts
- ☐ Fish fillets
- ☐ Ground chicken mince
- ☐ Streaky bacon
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

BAKERY

- ☐ White bread
- ☐ Burger buns
- ☐
- ☐
- ☐

DAIRY

- ☐ Heavy cream
- ☐ Butter
- ☐ Parmesan cheese
- ☐ Milk
- ☐

FROZEN

☐☐☐☐☐

OTHER

- ☐ For the burgers: Lettuce, tomato, onion, sliced cheese
- ☐
- ☐
- ☐