

grocery list

PRODUCE

- ☐ Onions
- ☐ Garlic
- ☐ Lemons
- ☐ Ginger
- ☐ Red bell pepper
- ☐ Fresh chilli
- ☐ Fresh thyme
- ☐ Fresh rosemary
- ☐ Fresh parsley
- ☐ Stir-fry vegetables
- ☐ Green onion/spring onion
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

PANTRY

- ☐ Salt and black pepper
- ☐ Olive oil
- ☐ Ground cumin
- ☐ Smoked paprika
- ☐ Ground coriander
- ☐ Dried oregano
- ☐ Chilli/red pepper flakes
- ☐ Chopped tomatoes
- ☐ Tomato paste
- ☐ Pasta of your choice
- ☐ Chicken stock
- ☐ Jasmine rice
- ☐ Baking soda
- ☐ Soy sauce
- ☐ Rice vinegar
- ☐ Hoisin sauce
- ☐ Honey

- ☐ Cornstarch
- ☐ Noodles
- ☐ Sesame seeds
- ☐ Arborio rice

☐☐

PROTEIN

- ☐ Chicken pieces
- ☐ Bacon
- ☐ Lamb chops
- ☐ Chicken breasts
- ☐ Shrimp/prawns
- ☐ Mussels
- ☐ Calamari
- ☐
- ☐

BAKERY

- ☐
- ☐
- ☐
- ☐
- ☐

DAIRY

- ☐ Heavy/whipping cream
- ☐ Parmesan cheese
- ☐ Butter
- ☐
- ☐

FROZEN

- ☐ Frozen Peas
- ☐
- ☐
- ☐
- ☐

OTHER

- ☐ Dry white wine
- ☐
- ☐
- ☐