

grocery list

PRODUCE

- ☐ Onions
- ☐ Garlic
- ☐ Lemons
- ☐ Ginger
- ☐ Zucchini
- ☐ Fresh basil
- ☐ Red and yellow peppers
- ☐ Carrots
- ☐ Celery
- ☐ Fresh sage
- ☐ Fresh thyme
- ☐ Lettuce
- ☐
- ☐
- ☐
- ☐
- ☐

PANTRY

- ☐ Salt and black pepper
- ☐ Olive oil
- ☐ Garlic powder
- ☐ Smoked paprika
- ☐ Peri-peri seasoning
- ☐ Turmeric
- ☐ Dried oregano
- ☐ Tomato passata
- ☐ Flour
- ☐ Spaghetti
- ☐ Chicken stock
- ☐ Jasmine rice
- ☐ Peri-peri sauce
- ☐ Short pasta/egg noodles
- ☐ Flour tortillas
- ☐ Mayonnaise
- ☐ Ketchup

- ☐ Pickles

- ☐ Mustard

- ☐

- ☐

- ☐

- ☐

PROTEIN

- ☐ Ground chicken mince

- ☐ Whole chicken

- ☐ Chicken breasts

- ☐ Ground beef mince

- ☐

- ☐

- ☐

- ☐

- ☐

BAKERY

- ☐ White bread

- ☐

- ☐

- ☐

- ☐

DAIRY

- ☐ Heavy/whipping cream

- ☐ Milk

- ☐ Butter

- ☐ Parmesan cheese

- ☐ Sliced cheese

FROZEN

- ☐ Frozen corn

- ☐

- ☐

- ☐

- ☐

OTHER

- ☐

- ☐

- ☐

- ☐