

grocery list

PRODUCE

- ☐ Onions
- ☐ Garlic
- ☐ Lemons
- ☐ Ginger
- ☐ Sweet potatoes
- ☐ Fresh basil
- ☐ Fresh thyme
- ☐ Carrots
- ☐ Celery
- ☐ Fresh sage
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

PANTRY

- ☐ Salt and black pepper
- ☐ Olive oil
- ☐ Garlic powder
- ☐ Smoked paprika
- ☐ Chilli flakes
- ☐ Turmeric
- ☐ Dried oregano
- ☐ Garam Masala
- ☐ Ground cardamom
- ☐ Rice
- ☐ Beef and chicken stock
- ☐ Jasmine rice
- ☐ Tomato Passata
- ☐ Short pasta
- ☐ Tomato paste
- ☐
- ☐

☐☐☐☐☐☐

PROTEIN

- ☐ Bone-in chicken thighs
- ☐ Shrimp
- ☐ Chicken breasts
- ☐ Ground beef mince
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

BAKERY

- ☐
- ☐
- ☐
- ☐
- ☐

DAIRY

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

FROZEN

- ☐
- ☐
- ☐
- ☐
- ☐

OTHER

- ☐ Toppings for sweet potatoes: Guacamole, pico de Gallo, sour cream
- ☐
- ☐
- ☐