

grocery list

PRODUCE

- ☐ Onions
- ☐ Garlic
- ☐ Lemons and limes
- ☐ Carrots
- ☐ Cabbage
- ☐ Celery
- ☐ Avocado
- ☐ Red bell pepper
- ☐ Lettuce
- ☐ Fresh thyme
- ☐ Fresh cilantro/coriander
- ☐ Fresh rosemary
- ☐ Fresh parsley
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- ☐
- ☐
- ☐

PANTRY

- ☐ Salt and black pepper
- ☐ Olive oil
- ☐ Garlic powder
- ☐ Smoked paprika
- ☐ Chilli flakes
- ☐ Taco seasoning
- ☐ Dried oregano
- ☐ Cumin
- ☐ Ground coriander
- ☐ Rice
- ☐ Beef and chicken stock
- ☐ Chipotles in adobo sauce
- ☐ Crushed/strained tomatoes
- ☐ Long pasta
- ☐ Tomato paste
- ☐ Pickles
- ☐ Mayonnaise

- ☐ Tomato ketchup

- ☐ Mustard

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PROTEIN

- ☐ Bone-in chicken thighs

- ☐ Shrimp

- ☐ Chicken breasts

- ☐ Ground beef mince

- ☐ Ground pork mince

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BAKERY

- ☐
- ☐
- ☐
- ☐
- ☐

DAIRY

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

FROZEN

- ☐ Frozen peas

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OTHER

- ☐ Tortillas

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