

grocery list

PRODUCE

- ☐ Onions
- ☐ Garlic
- ☐ Lemons and limes
- ☐ Sweet potatoes
- ☐ Tomatoes
- ☐ Avocado
- ☐ Baby spinach
- ☐ Cucumber
- ☐ Lettuce
- ☐ Fresh thyme
- ☐ Fresh cilantro/coriander
- ☐ Fresh parsley
- ☐ Fresh mint
- ☐ Fresh dill
- ☐
- ☐
- ☐

PANTRY

- ☐ Salt and black pepper
- ☐ Olive oil
- ☐ Garlic powder
- ☐ Smoked paprika
- ☐ Onion powder
- ☐ Chilli flakes
- ☐ Dried oregano
- ☐ Cayenne pepper
- ☐ Mayonnaise
- ☐ Peri-peri sauce
- ☐ Beef and chicken stock
- ☐ Honey
- ☐ Dijon mustard
- ☐ Wholegrain mustard
- ☐ Tomato paste
- ☐ Sundried tomatoes
- ☐ Orzo

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

PROTEIN

- ☐ Bone-in chicken thighs
- ☐ Boneless chicken thighs
- ☐ Chicken breasts
- ☐ Ground beef mince
- ☐ Ground lamb mince
- ☐
- ☐
- ☐
- ☐

BAKERY

- ☐ Burger buns
- ☐
- ☐
- ☐
- ☐

DAIRY

- ☐ Heavy/whipping cream
- ☐ Sour cream
- ☐ Parmesan cheese
- ☐ Greek yogurt
- ☐

FROZEN

- ☐
- ☐
- ☐
- ☐
- ☐

OTHER

- ☐ Tortillas
- ☐
- ☐
- ☐