

grocery list

PRODUCE

- ☐ Fresh lemons
- ☐ Onions
- ☐ Fresh garlic
- ☐ Bell peppers
- ☐ Fresh basil
- ☐ Mushrooms
- ☐ Cabbage
- ☐ Avocado
- ☐ Fresh cilantro/coriander
- ☐ Fresh chillies
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

PANTRY

- ☐ Olive oil
- ☐ Salt
- ☐ Pepper
- ☐ Peri-peri seasoning
- ☐ Turmeric
- ☐ Garam Masala
- ☐ Curry powder
- ☐ Italian seasoning/herbs
- ☐ Dried thyme
- ☐ Dried oregano
- ☐ Taco seasoning
- ☐ Chilli flakes
- ☐ Ground cumin
- ☐ Spaghetti
- ☐ Tomato Passata
- ☐ Jasmine/Basmati rice
- ☐ Chicken + beef broth/stock

- ☐ Peri-Peri sauce

☐☐☐☐☐

PROTEIN

- ☐ Whole chicken
- ☐ Fish Fillets
- ☐ Ground beef/beef mince
- ☐ Chicken breasts
- ☐ Shrimp/prawns
- ☐
- ☐
- ☐
- ☐

BAKERY

- ☐ Tortillas
- ☐
- ☐
- ☐
- ☐

DAIRY

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

FROZEN

- ☐ Frozen corn
- ☐
- ☐
- ☐
- ☐

OTHER

☐☐☐☐