

grocery list

PRODUCE

- ☐ Onions
- ☐ Garlic
- ☐ Lemons and limes
- ☐ Fresh ginger
- ☐ Cucumber
- ☐ Avocado
- ☐ Radishes
- ☐ Edamame
- ☐ Bell peppers
- ☐ Tomatoes
- ☐ Fresh cilantro/coriander
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

PANTRY

- ☐ Salt and black pepper
- ☐ Olive oil
- ☐ Garlic powder
- ☐ Smoked paprika
- ☐ Onion powder
- ☐ Chilli flakes
- ☐ Dried oregano
- ☐ Garam Masala
- ☐ Ground cardamom
- ☐ Taco seasoning
- ☐ Beef and chicken stock
- ☐ Chopped tomatoes
- ☐ Chickpeas
- ☐ Rice
- ☐ Mayonnaise
- ☐ Sriracha
- ☐ Soy sauce

- ☐ Rice vinegar
- ☐ Seaweed snacks
- ☐ Chilli crunch/chilli crisp
- ☐ Cornstarch
- ☐ Tomato paste
- ☐ Short paste

PROTEIN

- ☐ Bone-in chicken thighs
- ☐ Ground beef mince
- ☐ Chicken breasts
- ☐ Lamb chops
- ☐ Canned tuna
- ☐
- ☐
- ☐
- ☐

BAKERY

- ☐
- ☐
- ☐
- ☐
- ☐

DAIRY

- ☐ Heavy/whipping cream
- ☐ Sour cream
- ☐ Parmesan cheese
- ☐ Cheddar/mozzarella cheese
- ☐

FROZEN

- ☐
- ☐
- ☐
- ☐
- ☐

OTHER

- ☐ Tortillas
- ☐
- ☐
- ☐