

grocery list

PRODUCE

- ☐ Onions
- ☐ Garlic
- ☐ Lemons and limes
- ☐ Fresh ginger
- ☐ Cucumber
- ☐ Pomegranate
- ☐ Fresh rosemary
- ☐ Fresh thyme
- ☐ Fresh basil

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PANTRY

- ☐ Salt and black pepper
- ☐ Olive oil
- ☐ Garlic powder
- ☐ Smoked paprika
- ☐ Onion powder
- ☐ Italian herbs/seasoning
- ☐ Ground coriander
- ☐ Garam Masala
- ☐ Ground cardamom
- ☐ Ground cumin
- ☐ Turmeric
- ☐ Tomato paste
- ☐ Chopped tomatoes
- ☐ Rice
- ☐ Beef and chicken stock
- ☐ Spaghetti
- ☐ Short pasta of your choice

- ☐ Balsamic vinegar
- ☐ Chickpeas
- ☐ Couscous
- ☐ Cornstarch

- ☐
- ☐

PROTEIN

- ☐ Boneless chicken thighs
- ☐ Pork sausages
- ☐ Chicken breasts
- ☐ Ground beef mince

- ☐
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- ☐
- ☐
- ☐
- ☐

BAKERY

- ☐
- ☐
- ☐
- ☐
- ☐

DAIRY

- ☐ Heavy/whipping cream
- ☐ Sour cream
- ☐ Parmesan cheese
- ☐ Cheddar+mozzarella cheese
- ☐ Plain yogurt

FROZEN

- ☐
- ☐
- ☐
- ☐
- ☐

OTHER

- ☐ Tortillas
- ☐ Toppings/sides for tacos - guacamole, salsa, crema etc.
- ☐
- ☐