

grocery list

PRODUCE

☐ Fresh lemons

☐ Onions

☐ Fresh garlic

☐ Bell peppers

☐ Jalapeños

☐ Zucchini

☐ Avocado

☐ Potatoes

☐ Cucumber

☐ Tomatoes

☐ Fresh basil

☐ Fresh chillies

☐ Fresh cilantro/coriander

☐ Fresh parsley

☐ Fresh rosemary

☐

☐

PANTRY

☐ Olive oil

☐ Salt

☐ Pepper

☐ Smoked paprika

☐ Taco seasoning

☐ Dried oregano

☐ Garlic powder

☐ Rice

☐ Dijon mustard

☐ Wholegrain mustard

☐ Honey

☐ Balsamic vinegar

☐ Spaghetti

☐ Black beans

☐

☐

☐

☐

☐

☐

☐

☐

☐

PROTEIN

☐ Chicken breasts

☐ Ground pork/pork mince

☐ Ground beef/beef mince

☐ Bone-in chicken thighs

☐ Sirloin steak

☐

☐

☐

☐

BAKERY

☐ White bread

☐

☐

☐

☐

DAIRY

☐ Parmesan cheese

☐ Feta cheese

☐ Greek yogurt

☐ Milk

☐ Butter

FROZEN

☐ Frozen corn

☐

☐

☐

☐

OTHER

☐

☐

☐

☐