

grocery list

PRODUCE

- ☐ Fresh lemons
- ☐ Onions
- ☐ Fresh garlic
- ☐ Tomatoes
- ☐ Jalapeños
- ☐ Avocado
- ☐ Cucumber
- ☐ Potatoes
- ☐ Pomegranate
- ☐ Fresh thyme
- ☐ Fresh basil
- ☐ Fresh rosemary
- ☐ Fresh cilantro/coriander
- ☐
- ☐
- ☐
- ☐

PANTRY

- ☐ Olive oil
- ☐ Salt
- ☐ Pepper
- ☐ Smoked paprika
- ☐ Dried oregano
- ☐ Italian herbs
- ☐ Garlic powder
- ☐ Dried thyme
- ☐ Garam Masala
- ☐ Turmeric
- ☐ Cumin
- ☐ Coriander
- ☐ Chicken stock
- ☐ Chopped tomatoes
- ☐ Couscous
- ☐ Short pasta of your choice
- ☐ Basmati rice

- ☐ Balsamic vinegar
- ☐ Cornstarch
- ☐ Chickpeas
- ☐ BBQ sauce
- ☐
- ☐

PROTEIN

- ☐ Chicken breasts
- ☐ Fish fillets
- ☐ Ground beef/beef mince
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

BAKERY

- ☐ Tortillas
- ☐ Fresh breadcrumbs
- ☐
- ☐
- ☐

DAIRY

- ☐ Mozzarella cheese
- ☐ Cheddar Cheese
- ☐ Sour cream
- ☐ Butter
- ☐

FROZEN

- ☐
- ☐
- ☐
- ☐
- ☐

OTHER

- ☐ Burger toppings of your choice: Burger sauce, pickles, etc.
- ☐
- ☐
- ☐