

grocery list

PRODUCE

- ☐ Fresh lemons
- ☐ Onions
- ☐ Fresh garlic
- ☐ Lettuce
- ☐ Cucumber
- ☐ Avocado
- ☐ Sweet potatoes
- ☐ Tomatoes
- ☐ Red bell pepper
- ☐ Fresh cilantro/coriander
- ☐ Fresh parsley
- ☐ Fresh basil
- ☐ Fresh thyme
- ☐ Fresh rosemary
- ☐
- ☐
- ☐

PANTRY

- ☐ Olive oil
- ☐ Salt
- ☐ Pepper
- ☐ Smoked paprika
- ☐ Dried oregano
- ☐ Ground cumin
- ☐ Garlic powder
- ☐ Chilli flakes
- ☐ Ground coriander
- ☐ Pickled Jalapeño
- ☐ Mayonnaise
- ☐ Red wine vinegar
- ☐ Beef stock
- ☐ Flour
- ☐ Panko breadcrumbs
- ☐ Tomato paste
- ☐ Basmati rice

- ☐ Chopped tomatoes
- ☐ Pasta of your choice
- ☐ Dijon mustard
- ☐ BBQ sauce

☐☐

PROTEIN

- ☐ Chicken breasts
- ☐ Chicken pieces
- ☐ Ground beef/beef mince
- ☐ Lamb chops
- ☐
- ☐
- ☐
- ☐
- ☐

BAKERY

- ☐
- ☐
- ☐
- ☐
- ☐

DAIRY

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

FROZEN

- ☐ Frozen peas
- ☐
- ☐
- ☐
- ☐

OTHER

- ☐ Eggs
- ☐
- ☐
- ☐