# grocery list

## PRODUCE

- ○ Fresh lemons
- ○ Onions
- ○ Fresh garlic
- ○ Fresh ginger
- ○ Green/spring onion
- ○ Stir-fry vegetbles
- ○ Cabbage
- ○ Avocado
- ○ Cherry tomatoes
- ○ Fresh cilantro/coriander
- ○ Fresh parsley
- ○ Fresh basil
- ○ Fresh thyme
- ○ Fresh rosemary
- ○ Fresh dill
- ○ Cucumber
- ○

## PANTRY

- ○ Olive oil
- ○ Salt
- ○ Pepper
- ○ Smoked paprika
- ○ Dried oregano
- ○ Taco seasoning
- ○ Garlic powder
- ○ Chilli flakes
- ○ Chipotles in adobo
- ○ Cornstarch
- ○ Baking soda
- ○ Soy sauce
- ○ Rice vinegar
- ○ Hoisin sauce
- ○ Honey
- ○ Pasta of your choice
- ○ Stir-fry noodles

- ○
- ○
- ○
- ○
- ○
- ○

## PROTEIN

- ○ Chicken breasts
- ○ Shrimp/prawns
- ○ Ground lamb/lamb mince
- ○
- ○
- ○
- ○
- ○
- ○

## BAKERY

- ○ Tortillas + Flour wraps
- ○
- ○
- ○
- ○

## DAIRY

- ○ Parmesan cheese
- ○ Sour cream
- ○ Greek yogurt
- ○
- ○

## FROZEN

- ○
- ○
- ○
- ○
- ○

## OTHER

- ○
- ○
- ○
- ○