



Grocery List **WEEK 11**

This list is for dinner meals only, optional sides not included.

Produce

- ☐ brown mushrooms (cremini) – 14.80 oz
- ☐ carrot – 6 oz
- ☐ garlic – 1 small head
- ☐ green cabbage – 11 oz
- ☐ green onions – 2
- ☐ onion – 1 small
- ☐ parsley – 2 tbsp
- ☐ red cabbage – 3 oz
- ☐ sweet potato – 9.60 oz

Meat

- ☐ chicken breast – 11.40 oz
- ☐ ground beef – 0.50 lb
- ☐ Italian sausage – 0.50 lb

Fish

- ☐ shrimp – 12 large

Chilled

- ☐ lasagna sheets – 6

Dairy & Eggs

- ☐ butter – 3 Tbsp
- ☐ eggs – 3
- ☐ heavy cream – 1 cup
- ☐ mozzarella cheese – 6 oz
- ☐ parmesan cheese – 0.50 oz
- ☐ grated parmesan – 1/2 cup
- ☐ ricotta cheese – 8 oz

Cans & Jars

- ☐ chicken stock – 1/2 cup
- ☐ crushed tomatoes – 7 oz
- ☐ tomato passata – 14 oz

Bread & Bakery

- ☐ breadcrumbs – 1.13 cups

Dry & Baking Goods

- ☐ all-purpose flour – 1/3 cup
- ☐ black beans – 11.20 oz
- ☐ flour – 1 oz
- ☐ shredded coconut – 1 cup
- ☐ sugar – 2 Tbsp

Condiments

- ☐ apple cider vinegar – 1/4 cup
- ☐ cooking oil – 1/4 cup
- ☐ mustard – 1 tsp
- ☐ olive oil – 3 tbsp
- ☐ Worcestershire sauce – 1/2 tsp

Spices

- ☐ black pepper – 1.5 tsp
- ☐ cumin powder – 1/2 tsp
- ☐ garlic powder – 1/2 tsp
- ☐ nutmeg powder – 1/8 tsp
- ☐ Italian seasoning – 1 tsp
- ☐ onion powder – 1/2 tsp
- ☐ salt – 1 Tbsp
- ☐ smoked paprika – 1/2 tsp

Beverages

- ☐ coconut milk – 1/2 cup
- ☐ dry white wine – 1/4 cup

Your notes

Notes:
You might already have some of these in your kitchen so make sure to check in advance.