



Grocery List WEEK 12

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

Produce

- ☐ baby corn – 3 oz
- ☐ broccoli – 1.60 oz
- ☐ garlic – 0.40 oz
- ☐ iceberg lettuce – 16.50 oz
- ☐ kaffir lime leaves – 3
- ☐ mushrooms – 1/2 cup
- ☐ onion – 3.60 oz
- ☐ red bell pepper – 1 small
- ☐ sugar snap peas – 1.70 oz
- ☐ sweet onion – 3/4 cup, chopped
- ☐ Thai basil leaves – 1 cup

Meat

- ☐ chicken – 10.67 oz
- ☐ lean ground beef – 2 lb

Fish

- ☐ shrimp – 1 lb

Chilled

- ☐ tofu – 14 oz

Cans & Jars

- ☐ beef broth – 4 cups
- ☐ cream of chicken soup – 2/3 cup
- ☐ Dill pickles – 1.60 oz
- ☐ sweet pickle relish – 2 Tbsp
- ☐ vegetable stock – 2 cups

Dairy & Eggs

- ☐ butter – 1.5 oz
- ☐ buttermilk – 1 cup
- ☐ cheddar cheese – 3.50 cups (shredded)
- ☐ cottage cheese – 2.70 oz
- ☐ cream cheese – 2.70 oz
- ☐ sour cream – 1/3 cup

Dry & Baking Goods

- ☐ coconut sugar – 2 Tbsp
- ☐ elbow macaroni pasta – 5.90 oz
- ☐ flour – 1/2 cup

Bread & Bakery

- ☐ crackers – 3 oz

Condiments

- ☐ coconut oil – 2 Tbsp
- ☐ green curry paste – 1/4 cup
- ☐ ketchup – 3 Tbsp
- ☐ mayonnaise – 1.25 cups
- ☐ mustard – 1/2 Tbsp
- ☐ olive oil – 2 Tbsp
- ☐ rice vinegar – 1 tsp
- ☐ soy sauce – 1 Tbsp
- ☐ sriracha sauce – 1/2 Tbsp
- ☐ sweet chili sauce – 1/4 cup
- ☐ tomato paste – 2 Tbsp
- ☐ vegetable oil – 1 cup
- ☐ white vinegar – 1/2 Tbsp

Spices

- ☐ black pepper – 1 tsp
- ☐ chili powder – 3/4 tsp
- ☐ dried oregano – 1/2 tsp
- ☐ garlic powder – 1.5 tsp
- ☐ onion powder – 1/3 tsp
- ☐ salt – 2 tsp
- ☐ sesame seeds – 1 tsp
- ☐ sweet paprika – 1/2 tsp

Your notes

Notes:

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