



Grocery List WEEK 3

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

Produce

- ☐ avocado – 0.50
- ☐ baby carrots – 7.10 oz
- ☐ baby potatoes – 8 oz
- ☐ bell-pepper – 0.50
- ☐ carrots – 3.53 oz
- ☐ celery – 3.13 oz
- ☐ cucumber – 0.50
- ☐ fresh basil – 0.25 cup
- ☐ fresh rosemary – 0.15 oz
- ☐ garlic – few cloves
- ☐ large tomatoes – 1
- ☐ lemon – 3
- ☐ onion – 5.40 oz
- ☐ parsley – 0.72 oz
- ☐ pearl onions – 6 oz
- ☐ red onion – 1
- ☐ spinach – 4.50 oz
- ☐ zucchini – 4 oz

Meat

- ☐ boneless beef chuck – 21.50 oz
- ☐ chicken breasts – 30 oz

Fish

- ☐ cod – 32 oz

Your notes

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

Dry & Baking Goods

- ☐ all-purpose flour – 0.37 oz
- ☐ chickpeas – 3.85 oz
- ☐ quinoa – 5.50 oz
- ☐ red kidney beans – 5.40 oz
- ☐ small pasta – 2.60 oz
- ☐ white beans – 4.80 oz

Condiments*

- ☐ apple cider vinegar – 0.50 tbsp
- ☐ olive oil – 1 cup
- ☐ tomato paste – 2.17 oz
- ☐ Worcestershire sauce – 1 tbsp

Dairy & Eggs

- ☐ butter – 5 tbsp
- ☐ cream cheese – 4 oz
- ☐ mozzarella cheese – 4 oz
- ☐ parmesan cheese – 0.70 oz

Cans & Jars

- ☐ beef broth – 2 cups
- ☐ chopped tomatoes – 9.33 oz
- ☐ sun dried tomatoes – 2 oz
- ☐ vegetable stock – 3 cups

Spices*

- ☐ bay leaves – 1
- ☐ black pepper – 1.3 tsp
- ☐ chili flakes – 0.50 tsp
- ☐ cumin powder – 1 tsp
- ☐ dried mint – 0.25 tsp
- ☐ dried oregano – 0.50 tsp
- ☐ dry thyme – 0.50 tsp
- ☐ garlic powder – 0.50 tsp
- ☐ Italian seasoning – 0.3 tbsp
- ☐ paprika – 0.50 tsp
- ☐ salt – 1 Tbsp
- ☐ smoked paprika – 0.50 tsp

Beverages

- ☐ dry red wine – 1 cup