



# Grocery List WEEK 9

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

## Produce

- ☐ carrots – 6.40 oz
- ☐ celery –2.10 oz
- ☐ chilies – 2
- ☐ cucumber – 2.90 oz
- ☐ fresh parsley – 0.10 oz
- ☐ garlic – 1 small head
- ☐ ginger – 0.30 oz
- ☐ lemon – 2
- ☐ onion – 1 large
- ☐ red bell pepper –2.70 oz
- ☐ Thai basil – 1.50 cups

## Meat

- ☐ chicken – 3 lb
- ☐ ground beef – 1 lb

## Fish

- ☐ imitation crab sticks – 9 oz
- ☐ shrimp – 16 oz

## Dairy & Eggs

- ☐ butter – 5 oz
- ☐ cheddar cheese – 2.5 oz
- ☐ sour cream – 2/3 cup

## Bread & Bakery

- ☐ crackers – 3 oz

## Condiments

- ☐ apple cider vinegar – 1 Tbsp
- ☐ fish sauce – 2 Tbsp
- ☐ mayonnaise – 1/4 cup
- ☐ oyster sauce – 1 Tbsp
- ☐ soy sauce – 1 Tbsp
- ☐ sriracha sauce – 1/4 Tbsp
- ☐ vegetable oil – 2 Tbsp

## Cans & Jars

- ☐ cream of mushroom soup – 2/3 cup

## Dry & Baking Goods

- ☐ brown sugar – 1/2 tbsp
- ☐ long grain rice – 8 oz

## Frozen Goods

- ☐ frozen mixed vegetables – 13.4 oz

## Spices

- ☐ bay leaves – 1.5
- ☐ black pepper – 1 tsp
- ☐ cinnamon stick – 0.10 oz
- ☐ cardamom powder – 0.1 oz
- ☐ Italian seasoning – 1.5 tsp
- ☐ dried rosemary – 0.33 oz
- ☐ salt – 2 Tbsp
- ☐ Star Anise – 1.5
- ☐ whole black peppercorns – 1 tsp

## Your notes

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