



# Grocery List **WEEK 1**

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

## Produce

- bell peppers - 11 oz
- celery - 1/2 cup, chopped
- cilantro - to garnish
- dill - 2 tbsp
- garlic - 1 head
- ginger - 1 small root
- green onions - 1.40 oz
- lemon - 3
- onion - 13 oz
- red onion - 1/2 cup, chopped

## Meat

- beef steak - 20 oz
- chicken thighs - 16.40 oz  
(skinless, boneless)

## Fish

- salmon fillets - 2.5 lb

## Cans & Jars

- chicken stock - 2.5 cups
- crushed tomatoes - 10 oz

## Dry & Baking Goods

- baking soda - 1/2 tsp
- basmati rice - 8.20 oz
- brown sugar - 1 tbsp
- chickpeas - 20 oz
- cornstarch - 1.5 Tbsp

## Dairy

- milk - 2.50 cups
- natural yogurt - 11.70 oz

## Beverages

- coconut milk - 9 oz

## Spices

- bay leaves - 2
- black pepper - 1 tsp
- chili powder - 1/2 tsp
- cumin powder - 1/2 tbsp
- curry powder - 1 tbsp
- dried oregano - 1/2 tsp
- dried thyme - 2.5 Tbsp
- garam masala - 1/2 tsp
- garlic powder - 1/2 tsp
- lemon pepper - 1 tsp
- onion powder - 1/2 tsp
- paprika - 1/2 tbsp
- salt - 2 tsp
- white pepper powder - 1/2 tsp

## Condiments

- coconut oil - 1.3 tbsp
- Hoisin sauce - 3 tbsp
- mayonnaise - 3 tbsp
- mustard - 1 tsp
- olive oil - 5 tbsp
- rice vinegar - 2 tbsp
- sesame oil - 1 tbsp
- soy sauce - 2 tbsp
- vegetable oil - 1/4 cup

## Your notes

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### Notes:

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