



Grocery List WEEK 13

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

Produce

- ☐ bell peppers – 3
- ☐ button mushrooms – 13.5 oz
- ☐ cherry tomatoes – 2 cups
- ☐ chilis – 3
- ☐ cucumber – 2 oz
- ☐ dill – 0.2 oz
- ☐ garlic – 6 cloves
- ☐ ginger – 0.2 oz
- ☐ lemon – 1
- ☐ lettuce – 4 leaves
- ☐ onion – 1.5
- ☐ orange zest – 1 tbsp
- ☐ red onion – 3
- ☐ tomatoes – 5
- ☐ white onion – 1 cup

Meat

- ☐ boneless skinless chicken breast – 18 oz
- ☐ ground beef – 2 lb

Fish

- ☐ lox – 4.5 oz

Cans & Jars

- ☐ beef stock – 2 cups
- ☐ capers – 2 tsp
- ☐ chopped tomatoes – 1.5 cans
- ☐ pickled cucumber – 1/2 cup

Dairy & Eggs

- ☐ butter – 1.5 tbsp
- ☐ cheddar cheese – 4 slices
- ☐ cream cheese – 4.5 oz
- ☐ eggs – 5
- ☐ fresh mozzarella – 1 ball
- ☐ heavy cream – 3/4 cup

Bread & Bakery

- ☐ bagel – 2
- ☐ burger buns – 4
- ☐ day-old bread – 4 slices

Dry & Baking Goods

- ☐ all-purpose flour – 1/3 cup
- ☐ baking powder – 1/3 tsp
- ☐ cornstarch – 1/2 cup
- ☐ flour – 3 Tbsp
- ☐ sugar – 3 Tbsp

Condiments

- ☐ olive oil – 9 tbsp
- ☐ sesame oil – 1/2 tbsp
- ☐ soy sauce – 2 tbsp
- ☐ tomato paste – 3 tbsp
- ☐ vegetable oil – 5.5 cups
- ☐ vinegar – 3 tbsp
- ☐ white vinegar – 1.5 tbsp

Spices

- ☐ bay leaf – 1
- ☐ black pepper – 2 tsp
- ☐ chili flakes – 1/8 tsp
- ☐ paprika – 1.5 tsp
- ☐ salt – 1.5 tsp
- ☐ thyme – sprinkle

Beverages

- ☐ orange juice – 0.33 cup
- ☐ white wine – 0.33 cup

Your notes

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