



# Grocery List WEEK 14

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

## Produce

- ☐ broccoli – 1 head
- ☐ carrots – 2/3 cup
- ☐ celery – 2/3 cup
- ☐ cilantro – 3 sprigs
- ☐ cucumber – 1
- ☐ fresh parsley – 1/3 cup
- ☐ fresh thyme – 2 sprigs
- ☐ garlic – 8 cloves
- ☐ ginger – 0.50 inch
- ☐ lemon – 2
- ☐ mushrooms – 7.35 oz
- ☐ onion – 3
- ☐ parsley – handful
- ☐ peaches – 1.5 lb
- ☐ red chili – 1
- ☐ tomatoes – 1.8 lb
- ☐ spinach – 2 cups

## Meat

- ☐ beef stew meat – 1.33 lb
- ☐ chicken thighs (bone in) – 16.80 oz

## Fish

- ☐ shrimp – 1 lb

## Cans & Jars

- ☐ beef broth – 4 cups

## Dairy & Eggs

- ☐ butter – 2.13 oz

## Dry & Baking Goods

- ☐ all-purpose flour – 3.1 oz
- ☐ almond flour – 0.20 cup
- ☐ caster sugar – 1.2 oz
- ☐ cooked lentils – 1.60 cups
- ☐ peanuts – 1 tbsp
- ☐ pearl barley – 2/3 cup
- ☐ sugar – 1/4 cup
- ☐ sugar or maple – 1/2 tbsp

## Beverages

- ☐ red wine – 1/3 cup

## Condiments

- ☐ honey – 2.5 tbsp
- ☐ olive oil – 6 tbsp
- ☐ rice vinegar – 1/2 tbsp
- ☐ sesame oil – 1.5 tbsp
- ☐ soy sauce – 3 tbsp
- ☐ Worcestershire sauce – 1 tbsp

## Spices

- ☐ bay leaves – 1.5
- ☐ black pepper – 1.5 tsp
- ☐ garlic powder – 1/2 tsp
- ☐ ground cinnamon – 1/3 tsp
- ☐ ground ginger – 1/8 tsp
- ☐ Italian seasoning – 1/2 tsp
- ☐ onion powder – 1/4 tsp
- ☐ oregano – 1/2 tbsp
- ☐ paprika – 1/2 tsp
- ☐ sage – 1/2 tsp
- ☐ salt – 1 tsp
- ☐ sweet paprika – 1/2 tsp

## Your notes

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**Notes:**

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