



Grocery List WEEK 16

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

Produce

- ☐ bell-pepper – 1
- ☐ blueberries – 8 oz
- ☐ cabbage head – 1/2
- ☐ carrots – 6 oz
- ☐ celery – 2 stalks
- ☐ chilies – 2
- ☐ cilantro – 1 oz
- ☐ fresh thyme – 1 tbsp
- ☐ garlic – 7 cloves
- ☐ green/spring onion – 3 stalk
- ☐ kiwi – 1
- ☐ lemon – 1
- ☐ lime – 1
- ☐ ginger – ½ inch
- ☐ onion – 1
- ☐ Persian cucumbers – 4
- ☐ red onion – 1
- ☐ spinach – 2 cups
- ☐ tomatoes – 13
- ☐ yellow onion – 6 oz

Meat

- ☐ chicken breasts – 1 lb
- ☐ ribeye steak – 1 lb

Fish

- ☐ salted cod – 10 oz

Dairy & Eggs

- ☐ butter – 2.5 oz
- ☐ milk – 1/3 cup

Cans & Jars

- ☐ capers in brine – 1 oz
- ☐ chicken stock – 0.5 cup
- ☐ crushed tomatoes – 28 oz
- ☐ vegetable broth – 6 cups

Dry & Baking Goods

- ☐ all-purpose flour – 4 oz
- ☐ baking powder – 1/3 tbsp
- ☐ dried brown lentils – 8 oz
- ☐ granulated sugar – 3.5 oz
- ☐ vanilla extract – 1/3 tsp

Condiments

- ☐ extra virgin olive oil – 2 tbsp
- ☐ honey – 1/4 cup
- ☐ lemon juice – 1/4 cup
- ☐ olive oil – 1/3 cup
- ☐ rice wine vinegar – 2 tbsp
- ☐ sesame oil – 2 tbsp
- ☐ soy sauce – 1/4 cup
- ☐ vegetable oil – 2 tbsp
- ☐ vinegar – 1 tbsp

Spices

- ☐ black pepper – 1/2 tsp
- ☐ cumin powder – 1/2 tbsp
- ☐ curry powder – 1/2 tsp
- ☐ dried mint – 1 tbsp
- ☐ ground cinnamon – 1/4 tsp
- ☐ lemon pepper seasoning – 1 tsp
- ☐ red chili powder – 1/4 tsp
- ☐ salt – 1 tsp
- ☐ sesame seeds – 1 tbsp

Your notes

Notes:

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