



Grocery List **WEEK 17**

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

Produce

- ☐ carrot – 1
- ☐ eggplant – 1 small
- ☐ fresh basil – 0.5 oz
- ☐ fresh mint – 0.5 oz
- ☐ fresh parsley – 0.1 oz
- ☐ garlic – 4 cloves
- ☐ green chili – 0.5 oz
- ☐ onions – 2
- ☐ parsley – 1/4 cup
- ☐ red pepper – 1
- ☐ scallions – 2 oz
- ☐ shallot – 1
- ☐ spinach – 1 cup
- ☐ spring onion – 0.5 oz
- ☐ tomatoes – 7 oz
- ☐ zucchini – 1 small

Meat

- ☐ boneless skinless chicken breast – 1 lb
- ☐ steak – 1.75 lb

Fish

- ☐ white fish – 36 oz

Chilled

- ☐ lasagna sheets – 7 oz

Cans & Jars

- ☐ enchilada sauce – 3 cups
- ☐ passata – 12 oz
- ☐ preserved tomatoes – 7 oz

Dairy & Eggs

- ☐ butter – 2 tbsp
- ☐ cheese – 9 oz
- ☐ whole milk – 3 cups

Bread & Bakery

- ☐ breadcrumbs – 1 cup
- ☐ tortillas – 4

Dry & Baking Goods

- ☐ cane sugar – 1/4 tsp
- ☐ fine bulgur wheat – 1/2 cup
- ☐ raisins – 1/3 cup
- ☐ rice – 2/3 cup
- ☐ vanilla extract – 1/4 tsp
- ☐ white sugar – 1/4 cup

Condiments

- ☐ bechamel – 1 cup
- ☐ Dijon mustard – 1 tbsp
- ☐ lemon juice – 1/4 cup
- ☐ olive oil – 1.5 cup
- ☐ soy sauce – 1/4 cup
- ☐ tomato paste – 3 tbsp
- ☐ Worcestershire sauce – 1/3 cup

Spices

- ☐ black pepper – 1.5 tsp
- ☐ cinnamon – 1/4 tsp
- ☐ cumin powder – 1 tsp
- ☐ dried marjoram – 1/2 tsp
- ☐ garlic powder – 1 tsp
- ☐ ground cinnamon – 1/3 tsp
- ☐ Italian seasoning – 1.5 tbsp
- ☐ Kamounieh – 1/2 cup
- ☐ nutmeg – 1/8 tsp
- ☐ onion powder – 1 tsp
- ☐ paprika – 1/2 tsp
- ☐ salt – 2 tsp
- ☐ sweet paprika – 1/2 tsp

Your notes

Notes:

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