



Grocery List **WEEK 18**

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

Produce

- blackberries - 4 oz
- blueberries - 5 oz
- garlic - 7 cloves
- ginger - 2 tbsp
- grapes - 5 oz
- green chili - 1
- kiwi - 1
- lime - 1
- onion - 1
- pineapple - 1 small
- raspberries - 3 oz
- romaine lettuce - 4 heads
- strawberries - 8 oz
- tomatoes - 2

Meat

- beef brisket - 1.65 lb
- boneless skinless chicken breast - 2

Fish

- anchovy filets - 2
- salmon - 4 fillets

Chilled

- firm tofu - 14 oz

Your notes

Cans & Jars

- coconut milk - 2 cans

Dairy & Eggs

- butter - 2/3 cup
- heavy cream - 1.5 cups
- ghee or butter - 2 tbsp
- parmesan - 7 oz

Dry & Baking Goods

- brown sugar - 2 oz
- cornstarch - 1 tbsp
- fettuccine pasta - 12 oz
- croutons - 1 cup
- molasses - 0.6 oz

Bread & Bakery

- baguette - 1

Condiments

- apple cider vinegar - 1 tbsp
- caesar salad dressing - 1 cup
- honey - 3 tbsp
- ketchup - 7 oz
- lime juice - 2 Tbsp
- mayonnaise - 2/3 cup
- olive oil - 1/2 cup
- tomato paste - 2 tbsp
- vegetable oil - 1 tbsp
- white wine vinegar - 2 Tbsp
- Worcestershire sauce - 1/2 tbsp

Spices

- black pepper - 1.5 tsp
- cumin powder - 1/4 tsp
- dried oregano - 1/4 tsp
- garam masala - 1 tbsp
- garlic powder - 1/2 tsp
- ground coriander seeds - 1/4 tsp
- Italian seasoning - 1.50 tsp
- lemon pepper seasoning - 1 tbsp
- mustard seed powder - 1/2 tsp
- onion powder - 1/2 tsp
- paprika - 1/2 tbsp
- salt - 1 tsp
- smoked paprika - 1/4 tbsp

Notes:

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