



# Grocery List **WEEK 20**

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

## Produce

- asparagus - 4.30 oz
- basil - 0.25 cup
- broccoli - 4 oz
- carrot - 4.50 oz
- carrots - 2
- celery - 2 stalks
- chilli pepper - 0.67
- cilantro
- fresh parsley - 0.25 cup
- fresh thyme - 3 sprigs
- garlic - 11 cloves
- ginger - 2 tbsp
- green beans - 1.4 lb
- leek - 1
- lemon - 1
- onion - 3
- potato - 1
- red bell pepper - 7 oz
- sugar snap peas - 4 oz
- tomatoes - 2 lb
- Turmeric - 1 tsp
- white mushrooms - 15 oz

## Meat

- chicken breasts - 1 lb
- ribeye steak - 1.4 lb

## Fish

- shrimp - 1.50 lb

## Dairy & Eggs

- butter - 3.5 tbsp
- egg - 1
- fresh mozzarella - 8 oz
- milk - 1/5 cup
- ricotta cheese - 1/2 cup
- sour cream - 2/3 cup

## Dry & Baking Goods

- all-purpose flour - 1/2 cup
- baking powder - 1/4 tsp
- baking soda - 1/8 tsp
- cornstarch - 2.5 tbsp
- light brown sugar - 2.5 tbsp
- vanilla extract - 1/4 tsp

## Cans & Jars

- beef broth - 2 cups
- chicken stock - 8 cups

## Condiments

- balsamic vinegar/glaze - 1 tbsp
- mustard - 1 tbsp
- olive oil - 7 tbsp
- sesame oil - 1 tbsp
- soy sauce - 2 tbsp
- vegetable oil - 3 tbsp
- Worcestershire sauce - 1 tbsp

## Spices

- bay leaf - 1
- black pepper - 1 tsp
- chili flakes - 0.5 tsp
- cinnamon powder - 1/8 tsp
- Lebanese 7-spice - 1 tsp
- salt - 2 tsp
- sesame seeds - 1 tbsp

## Your notes

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### Notes:

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