



# Grocery List **WEEK 22**

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

## Produce

- almonds - 1.5 tbsp
- baby spinach - 5 oz
- celery - 6 oz
- cranberries (dried) - 2 tsp
- goji berries - 1 tbsp
- onion - 2 medium
- red onion - 3 medium
- parsley - 1 cup
- strawberries - 18 oz
- walnuts - 2 oz

## Meat

- beef steak - 28 oz
- boneless chicken breast - 2 lb

## Fish

- tuna - 15 oz

## Dairy & Eggs

- butter - 2 tbsp
- feta cheese - 3 oz

## Cans & Jars

- beef stock - 2 cups
- pickled cucumber - 2.80 oz

## Dry & Baking Goods

- Basmati - ½ cup
- brown lentils - 1 cup
- chia seeds - 1.5 tbsp
- coconut chips - 1 tbsp
- dried apricots - 2 tbsp
- Poppy seeds - 1 tbsp
- raw pumpkin seeds - 1.5 tbsp
- raw sunflower seeds - 1.5 tbsp
- rolled oats - ½ cup
- sugar - 1 tbsp

## Condiments

- BBQ sauce - 1 cup
- Dijon mustard - 2 tsp
- extra virgin olive oil - 8 tbsp
- lemon juice - 4 tbsp
- mayonnaise - 6 tbsp
- mustard - 1 tsp
- vegetable oil - ½ cup
- white wine vinegar - 2 tbsp
- Worcestershire sauce - 1 tbsp

## Spices

- black pepper - 1 tsp
- brown gravy mix - 1 oz
- garlic powder - 1 tsp
- ground cinnamon powder - ¼ tsp
- onion powder - 1 tsp
- salt - 3 tsp
- smoked paprika - 1 tbsp

## Your notes

### Notes:

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