



Grocery List **WEEK 23**

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

Produce

- bell peppers – 1 medium
- broccoli – ½ head
- carrots – 3 medium carrots
- cauliflower – ½ head
- celery – ½ bunch
- cherry tomatoes – ½ pint
- cucumber – 1 small
- garlic – 3 cloves
- ginger – 2 oz
- lemon – 1 large
- lettuce – 1 small head
- onion – 1 small
- parsley – 1 small bunch
- pomegranate – 1
- Radish – 2
- sugar snap peas – ½ cup
- tomato – 1 medium
- Turmeric – 1.7 oz

Meat

- chicken breasts – 16 oz
- ground lamb – 4 oz
- lean ground beef – 10 oz

Fish

- salmon filets – 1 lb

Your notes

Cans & Jars

- Marinated olives
(quantity as needed)
- Pickled cucumber
(quantity as needed)
- Pumpkin puree – about
1⅓ cup

Dairy & Eggs

- egg – 1

Chilled

- Hummus – 1 small container
- Spinach dip – 1 small container
- Tzatziki – 1 small container

Spices

- ProduceBlack pepper – 1 tsp
- Italian seasoning – ⅔ tbsp
- Lebanese 7-spice – ¼ tbsp
- Paprika – 1 tsp
- Sesame seeds – 1⅓ tbsp
- Salt – 1 tbsp

Condiments

- Honey – 1⅓ tbsp
- Olive oil – 1 tbsp
- Sesame oil – ⅔ tbsp
- Soy sauce – ¾ tbsp
- Sweet chili sauce – 1⅓ tbsp
- Vegetable oil – 5⅓ cups
- Vinegar – 5 tbsp

Bread & Bakery

- Burger buns – 4 buns
- Crackers – 1 box (about 4 oz)

Dry & Baking Goods

- All-purpose flour – ⅓ cup
- Baking powder – ⅓ tsp
- Baking soda – ⅛ tsp
- Brown sugar – 1⅓ tbsp
- Cornstarch – ⅓ cup
- Rolled oats – 1¾ cups
- White beans (cooked)
– 1⅓ cups

Notes:

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