



Grocery List **WEEK 24**

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

Produce

- Avocado – 1 small
- Basil leaves – 1/3 cup
- Bell peppers – 2 medium
- Celery – 2 small stalks
- Cilantro – a small handful
- Fresh parsley
1/2 cup + a small bunch
- Garlic – 3 cloves
- Green peas – 1 cup
- Jalapeño – 1/2 pepper
- Onion – 1 medium
- Red onion – 1 medium
- Scallions (green onions) – 2
- Sweet corn
1 small ear or 2/3 cup
- Tomatoes – 2 small

Meat

- Chicken breasts
about 1 1/4 lb (2 medium
breasts)
- Steak – 1 lb

Fish

- tuna fish – 10 oz

Your notes

Cans & Jars

- Crushed tomatoes
22 oz (1 standard can)
- Marinara sauce – 2 cups
- Peaches in syrup – 10 oz
- Vegetable stock – 1 1/4 cups

Dairy & Eggs

- Butter – about 2 oz
- Parmesan cheese
2 oz block + 1/4 cup grated
- Heavy cream – 1/2 cup
- Large eggs – 2
- Mozzarella cheese – 5 1/3 oz
- Plain yogurt – 3/4 cup
- Provolone cheese – 3 1/2 oz

Spices

- Black pepper – 1 tsp
- Cinnamon – a pinch
- Cumin powder – a pinch
- Garlic powder – 1/2 tsp
- Italian seasoning – 2/3 tsp
- Salt – 2 tsp

Condiments

- Balsamic vinegar – 1 tbsp
- Lime juice – 1 tbsp
- Mayonnaise – 1/2 cup
- Mustard – 1 tsp
- Olive oil – 4 tbsp
- Vegetable oil – 1 cup

Bread & Bakery

- Long bread rolls – 4
- Panko breadcrumbs – 1 1/3 cups

Dry & Baking Goods

- All-purpose flour – 3 oz
- Black beans – 3.5 oz
- Black-eyed peas – 2.5 oz
- Pasta – 10 oz
- Sugar – 2/3 tbsp
- Yellow cake mix – 5 oz

Notes:

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