



# Grocery List **WEEK 25**

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

## Produce

- bell peppers - 2
- blackberries - 2.50 cups
- chili pepper - 1
- corn on the cob - 4
- eggplants - 1.65 lb
- fresh cilantro - 1/4 cup
- garlic - 2 heads
- jalapeño - 1
- onions - 2
- lemon zest - 1 tbsp
- lime - 1
- spring onions - 2

## Meat

- chicken breasts - 4 (6-8 oz each)
- steak - 1.33 lb

## Fish

- large shrimp - 1 lb

## Cans & Jars

- chopped tomatoes - 30 oz

## Dairy & Eggs

- cotija cheese - 1/3 cup
- sour cream - 1/3 cup
- unsalted butter - 3 tbsp
- whole milk - 1/2 cup

## Dry & Baking Goods

- all-purpose flour - 1/2 cup
- baking powder - 1 tsp
- brown sugar - 1 tbsp
- chickpeas - 15 oz
- cornstarch - 1 tsp
- granulated white sugar - 2/3 cup

## Condiments

- lemon juice - 1/3 cup
- lime juice - 1/4 cup
- mayonnaise - 1/3 cup
- olive oil - 2/3 cup
- Worcestershire sauce - 1 tbsp

## Spices

- black pepper - 1 tsp
- Cayenne pepper - 1/4 tsp
- chili powder - 1 tsp
- dried oregano - 1 tsp
- dried thyme - 1 tsp
- fine sea salt - 1 tsp
- garlic powder - 1 tsp
- ground black pepper - 1 tsp
- ground coriander - 1 tsp
- ground cumin - 1 tsp
- Lebanese 7-spice - 1 tsp
- onion powder - 1 tsp
- salt - 1 Tbsp
- smoked paprika - 1 tsp
- sweet paprika - 1 tsp

## Your notes

---

---

---

---

### Notes:

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