



Grocery List **WEEK 27**

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

Produce

- ☐ carrots – 5.10 oz
- ☐ celery – 8 oz
- ☐ corn – 7.40 oz
- ☐ fresh herbs – 1/3 tbsp
(dill or parsley)
- ☐ garlic – 1 head
- ☐ green beans – 8.40 oz
- ☐ green chili pepper – 1
- ☐ lettuce leaves
- ☐ onion – 11.70 oz
- ☐ parsley – 0.60 oz
- ☐ potatoes – 14.60 oz
- ☐ red onion – 1
- ☐ ripe banana – 1
- ☐ tomatoes – 5.20 oz
- ☐ walnuts – 2 Tbsp

Meat

- ☐ boneless skinless chicken
breasts – 2
- ☐ cooked chicken – 1.5 cups
- ☐ ground beef – 0.80 lb

Fish

- ☐ shrimp – 1 lb

Cans & Jars

- ☐ chopped tomatoes–40 oz
- ☐ vegetable stock – 4 cups

Dairy & Eggs

- ☐ butter – 3/4 cup
- ☐ eggs – 1
- ☐ heavy cream – 1.50 cups
- ☐ parmesan cheese – 1 cup

Bread & Bakery

- ☐ bread – as needed

Dry & Baking Goods

- ☐ bicarbonate of soda – 1/3 tsp
- ☐ black beans – 6 oz
- ☐ fettuccine pasta – 12 oz
- ☐ red kidney beans – 12 oz
- ☐ spaghetti – 8 oz
- ☐ vanilla extract – 1/3 tsp
- ☐ whole-wheat flour – 3/4 cup

Beverages

- ☐ dry white wine – 1/4 cup

Condiments

- ☐ coconut oil – 3 Tbsp
- ☐ Dijon mustard – 1 tsp
- ☐ date paste – 1 tbsp
- ☐ lemon juice – 2 tbsp
- ☐ mayonnaise – 1/2 cup
- ☐ olive oil – 6 tbsp
- ☐ tomato paste – 1 tbsp
- ☐ vegetable oil – 1 tbsp

Spices

- ☐ black pepper – 1 tsp
- ☐ chili seasoning – 2 tbsp
- ☐ dried oregano – 1 tsp
- ☐ dried rosemary – 1/2 tsp
- ☐ dried thyme – 1/2 tsp
- ☐ Italian seasoning – 1 tsp
- ☐ lemon pepper seasoning
– 1 tbsp
- ☐ mixed spice – 1/3 tsp
- ☐ red pepper flakes – 1/4 tsp
- ☐ salt – 1 tsp

Your notes

Notes:

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