



# Grocery List **WEEK 30**

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

## Produce

- Apple – 4
- Asparagus – 4½ oz
- Avocado – ½
- Berries – handful (½ cup)
- Broccoli – 4 oz
- Carrot – 5½ oz
- Cherry tomatoes – 6 oz
- Cilantro – 3 tbsp
- Corn – 4 oz
- Eggplant – ½
- English cucumber – 5½ oz
- Fresh parsley – few sprigs
- Garlic – 6 cloves
- Ginger – 1 tbsp
- Jalapeño – 1
- Lime – ½
- Onion – 3 medium
- Red bell pepper – 9 oz
- Red onion – 2 oz
- Spinach – 1 cup
- Sugar snap peas – 4 oz
- Zucchini – ½
- Nuts – 4 tbsp

## Meat

- Chicken breast – 10 oz
- Ground beef – ¾ lb

## Fish

- shrimp – 1½ lb

## Your notes

## Cans & Jars

- Chicken stock – 1½ cups
- Cream of tomato soup – 10 oz
- Crushed tomatoes – 14 oz
- Olives – ¼ cup
- Passata – 12 oz
- Preserved tomatoes – 7 oz

## Dairy & Eggs

- Cheddar cheese – 2½ oz
- Cheese – 8½ oz
- Feta cheese – 2 oz
- Milk – 2 cups
- Mozzarella cheese – 2 oz
- Plain yogurt – 8 tbsp

## Bread & Bakery

- Corn tortillas – 3

## Dry & Baking Goods

- Black beans – 4 oz
- Cane sugar – a pinch
- Chickpeas – 20 oz
- Cornstarch – 1 tbsp
- Light brown sugar – 2 tbsp
- Pasta – 6½ oz
- Raisins – 4 tbsp
- Rolled oats – 1⅓ cups
- Lasagna sheets – 6½ oz

## Condiments

- Bechamel – ¾ cup
- Dijon mustard – 1 tsp
- Extra virgin olive oil – 3 tbsp
- Honey – 1 tbsp
- Lemon juice – 3 tbsp
- Olive oil – 1½ tbsp
- Sesame oil – 1 tbsp
- Soy sauce – 2 tbsp
- Tomato paste – 1 tbsp
- Vegetable oil – 3 tbsp

## Spices

- Black pepper – ½ tsp
- Burger seasoning – ½ tbsp
- Chili flakes – ½ tsp
- Dried mint – a pinch
- Ground cinnamon – 1 tsp
- Italian seasoning – ½ tsp
- Salt – 1 tbsp
- Sesame seeds – ½ tbsp
- Taco seasoning spice – ½ tbsp

### Notes:

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