



Grocery List **WEEK 32**

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

Produce

- Basil leaves – ¾ cup
- Cilantro – few sprigs
- Kaffir lime leaves – 3
- Lemongrass stalks – 5
- Scallions – 3 stalks
- Onion – 3 oz
- Red onion – 3 oz
- Shallots – 5
- Bell peppers – 1 lb
- Bird's eye chili (Thai chili) – 11
- Broccoli – 4 oz
- Eggplants – 1½ lb
- Garlic – 8 cloves
- Ginger – 1¼ oz
- Jalapeño – 1
- Sweet corn – 3 oz
- Tomatoes – 5 oz
- Avocado – 4 oz
- Almonds – ½ cup

Meat

- Chicken breasts – 1¼ lb
- Braising steak – 2 lb

Fish

- White fish – 36 oz

Cans & Jars

- Crushed tomatoes – ¾ cup
- Full fat coconut milk – 9 oz
- Tomato paste – 1¼ cups

Dairy & Eggs

- Mozzarella cheese – 3½ oz
- Parmesan cheese – 1½ oz

Bread & Bakery

- Breadcrumbs – 1 cup

Dry & Baking Goods

- Baking soda – ½ tsp
- Black beans – 3½ oz
- Black-eyed peas – 2¾ oz
- Coconut sugar – 1 tbsp
- Cornstarch – 2 tbsp
- Dark chocolate – ¾ oz
- Protein blend – 1 tbsp
- Raw sunflower seeds – 1 tbsp
- Rolled oats – ½ cup
- Shredded coconut – ⅓ cup
- Sugar – 1½ tbsp

Condiments

- Almond butter – ¼ cup
- Balsamic vinegar – 1 tbsp
- Honey – ⅛ cup
- Lime juice – 1 tbsp
- Olive oil – ⅓ cup
- Rice vinegar – 1 tbsp
- Sesame oil – 1 tbsp
- Soy sauce – 2 tbsp
- Tamarind paste – 1 tbsp
- Vegetable oil – ¼ cup

Spices

- Black pepper – ⅔ tsp
- Cinnamon sticks – 1
- Cloves – 3
- Dried chilies – 3
- Dried oregano – ½ tsp
- Garlic powder – 1 tsp
- Green cardamom pods – 3
- Ground cumin – ⅛ tsp
- Ground white pepper – ¼ tsp
- Onion powder – 1 tsp
- Paprika – ½ tsp
- Salt – 1 tsp
- Star anise – 3

Your notes

Notes:

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