



# Grocery List **WEEK 33**

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

## Produce

- Cilantro – few sprigs
- Parsley – few sprigs
- Avocado – 1
- Bell pepper – 1
- Cucumber – ½
- Cashews – ⅓ cup
- Garlic – 3 cloves
- Minced garlic – ½ tbsp
- Ginger – 2 tbsp
- Green chili – 1 small
- Lemon – 1
- Lemon zest – 1 tbsp
- Tomatoes – 2 medium
- Red onion – 1
- Yellow onion – 2

## Meat

- Chicken – 1½ lb
- Ground lamb – 4 oz
- Lean ground beef – 10 oz

## Fish

- Tuna steaks – 18 oz

## Dairy & Eggs

- Butter – 2 tbsp
- Eggs – 4
- Heavy cream – ⅔ cup
- Plain yogurt – ½ cup

## Dry & Baking Goods

- Baking powder – 2 tsp
- Cooked chickpeas – 4 oz
- Cooked quinoa – 5.5 oz
- Oat flour – 3 oz
- Protein powder – 3.5 oz
- Red lentils – ¾ cup
- Sugar – 3 tbsp
- Vanilla extract – 1 tsp

## Condiments

- Apple cider vinegar – ½ tbsp
- Lemon juice – ¼ cup
- Olive oil – ⅓ cup
- Sesame oil – ¼ cup
- Soy sauce – 1 tbsp
- Teriyaki sauce – ¼ cup
- Tomato paste – ⅔ can

## Spices

- Black pepper – 1 tsp
- Chili powder – ¼ tsp
- Dried mint – ¼ tsp
- Garam masala – 1 tsp
- Ground coriander – ¼ tsp
- Ground cumin – ¼ tsp
- Turmeric powder – ½ tsp
- Kashmiri chili powder – ¼ tsp
- Kasuri methi – 1 tsp
- Lebanese 7-spice – ¼ tsp
- Red chili flakes – ¼ tsp
- Salt – 3 tsp

## Your notes

---

---

---

### Notes:

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