Grocery List WEEK 34

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

Produce

- [ ] Cucumbers – 2 oz
- [ ] Fresh mint leaves – 2 tbsp
- [ ] Parsley – 1 oz
- [ ] Garlic – 3 cloves
- [ ] Lemons – 1
- [ ] Onion – 1 small (about 3 oz)
- [ ] Red bell pepper – 1 small
- [ ] Red onion – ½ small

Meat

- [ ] Chicken breasts – 1½ lb
- [ ] Ground beef – 1 lb

Fish

- [ ] Shrimp – 1 lb

Cans & Jars

- [ ] Vegetable stock – 9½ cups

Dairy & Eggs

- [ ] Butter – 2 tbsp
- [ ] Eggs – 5
- [ ] Milk – 3 tbsp
- [ ] Parmesan cheese – 1 oz

Bread & Bakery

- [ ] Breadcrumbs – 2 oz

Dry & Baking Goods

- [ ] Brown sugar – 1 tbsp
- [ ] Dried green lentils – 10 oz
- [ ] Red lentils – 12 oz

Condiments

- [ ] Lemon juice – 2 tbsp
- [ ] Olive oil – ½ cup
- [ ] Pomegranate molasses – ½ tbsp

Spices

- [ ] Black pepper – 1½ tsp
- [ ] Dried oregano – 1 tsp
- [ ] Garlic powder – 1½ tsp
- [ ] Ground cumin – 1¼ tsp
- [ ] Italian seasoning – ½ tsp
- [ ] Onion powder – ¼ tsp
- [ ] Paprika – 1 tsp
- [ ] Sweet paprika – ½ tsp
- [ ] Red chili powder – ¼ tsp
- [ ] Salt – 2 tsp
- [ ] Pepper – to taste

Your notes

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