



# Grocery List **WEEK 37**

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

## Produce

- Arugula – 2/3 cup
- Avocado – 1
- Cherry tomatoes – 2/3 cup
- Cranberries – 1 tbsp
- Cucumber – 1
- Cilantro – few sprigs
- Garlic – 2 oz (about 10 cloves)
- Ginger – 1 tbsp
- Goji berries – 1 tbsp
- Green bell pepper – 1
- Green onions – 2
- Lime – 1
- Onion – 2
- Red bell pepper – 2
- Red chilies – as needed
- Red onion – 1
- Almonds – 1 tbsp

## Meat

- Boneless skinless chicken breast – 2 lb
- Ground beef – 1 lb

## Fish

- Large shrimp – 2 lb

## Chilled

- Guacamole – as needed

## Your notes

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## Cans & Jars

- Black olives – 1 cup
- Cooked red beans – 1 cup
- Pico de gallo – as needed
- Salsa roja – as needed

## Dairy & Eggs

- Feta cheese – 1 cup
- Sour cream – as needed

## Bread & Bakery

- Warm tortillas – as needed

## Dry & Baking Goods

- Brown sugar – 1/4 cup
- Chia seeds – 1/10 cup
- Coconut chips – 1 tbsp
- Cooked chickpeas – 6 oz
- Cornstarch – 1 tsp
- Dried apricots – 1 tbsp
- Dried pasta – 2 cups
- Jasmine rice – 2 cups
- Raw pumpkin seeds – 1 tbsp
- Raw sunflower seeds – 1 tbsp
- Rolled oats – 1/2 cup
- Sugar – 1 tsp

## Condiments

- BBQ sauce – 1 cup
- Dijon mustard – 1 tsp
- Extra virgin olive oil – 2/3 cup
- Lemon juice – 1/2 cup
- Sesame oil – 1 tbsp
- Soy sauce – 1/4 cup
- Tahini – 1 tbsp

## Spices

- Black pepper – 2 tsp
- Chili powder – 1 tsp
- Cloves – 3
- Dried oregano – 1 tsp
- Garlic powder – 2 tsp
- Ground cinnamon – 1/4 tsp
- Ground cumin – 1/4 tsp
- Onion powder – 2 tsp
- Red chili flakes – 1 tsp
- Salt – 2 tsp
- Smoked paprika – 1 1/2 tsp
- Toasted sesame seeds – 1 tsp

### Notes:

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