



# **WEEKLY SHOPPING LIST**



This is your weekly shopping list. These are all the ingredients you need to make this week's recipes.



<b>PRODUCE</b>	
Garlic	3 bulbs
Lemon	2
Lime	2
Cauliflower	2 heads
Spinach	1 bunch
Yellow onion	1
Green onion	3
Red bell pepper	1
<b>HERBS</b>	
Parsley	1 bunch
Basil	1 bunch
<b>SPICES &amp; CONDIMENTS</b>	
Tomatoes, diced and canned	400 g / 14 oz
Whole tomatoes, peeled and canned	800 g / 28 oz
<b>MEAT &amp; FISH</b>	
Chicken, breast, boneless & skinless	900 g / 2 lb / 4 breasts
Cod, fillet, boneless & skinless	680 g / 1½ lb / 4 fillets
Sausage, Italian hot	285 g / 10 oz / 3 sausages
<b>CHEESE &amp; MILK</b>	
Parmesan cheese	4 oz / 120 g
Feta cheese	4 oz / 120 g
Heavy Cream	220 mL
Eggs	6 large
<b>GRAINS &amp; PASTA</b>	
Penne pasta, dried	225 g / 8 oz
Basmati rice	400 g / 14 oz
<b>MISCELLANEOUS</b>	
White wine	375 mL (half bottle)

**MAKE SURE YOU HAVE THE INGREDIENTS FROM THE PANTRY ESSENTIALS**