



WEEKLY SHOPPING LIST



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

PRODUCE Garlic Lemon Yellow onion Scallions Shallots Ginger Broccoli Asparagus, trimmed Mushrooms, preferably Portobello	2 bulbs 2 1 medium 1 bunch 4 large 1 knob 1 head 450 g / 1 lb 340 g / 12 oz
HERBS Parsley Dill	1 bunch 1 bunch
SPICES & CONDIMENTS Sesame oil, toasted Rice vinegar Honey	
MEAT & FISH Steak, striploin, boneless Bacon Salmon, fillet, skin-on	680 g / 1½ lb / 4 steaks 8 oz (approx. 8 slices) 900 g / 2 lb / 4 fillets
CHEESE & MILK Parmesan cheese Gruyere cheese Eggs Heavy cream	15 g 115 g 22 large eggs 265 mL
GRAINS & PASTA White rice, long grain Spaghetti pasta	600 g 450 g / 1 lb
MISCELLANEOUS Pie dough, single crust, store bought	1

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