



# **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
Ginger	1 knob
Green onion	1 bunch
Shallot	400 g
Lemon	7
Lime	2
Grapefruit	1
Orange, preferably Navel	2
Pineapple	1
Romaine lettuce	1 head
Red bell pepper	1
Potato, preferably Russet	3 lbs
Broccoli	2 heads
<b>HERBS</b>	
Rosemary	1 bunch
Parsley	1 bunch
<b>SPICES &amp; CONDIMENTS</b>	
Rice vinegar	
<b>MEAT &amp; FISH</b>	
Lamb, chops, small, bone-in (paidakia)	450 g / 1 lb
Chicken, thigh, bone-in and skin-on	900 g / 2 lbs
Pork, tenderloin	900 g / 2 lbs
Mussels	1.2 kg / 2½ lb
<b>CHEESE &amp; DIARY</b>	
Parmesan cheese	10 g
<b>GRAINS &amp; PASTA</b>	
Penne noodles (or other short pasta)	450 g / 1 lb
<b>BAKERY</b>	
Baguette	1
<b>MISCELLANEOUS</b>	
Coconut milk	230 mL
White wine	1 bottle

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