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WEEKLY SHOPPING LIST

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

PRODUCE Garlic Yellow onion Mushroom, portobello Mushroom, cremini Bell pepper, green Carrot Spinach Celery	2 bulbs 4 4 large 500 g 1 2 1 bunch 2 stalks
HERBS Parsley Basil Thyme, dried	1 bunch 1 bunch 1 bunch
SPICES & CONDIMENTS Tomato paste Tomato sauce Tomatoes, diced	125 g 225 mL 1 14 oz can, 1 28 oz can
MEAT & FISH Chicken, breast, boneless and skinless Ground beef	900 g / 2 lbs 450 g / 1 lb
CHEESE & DIARY Heavy cream Goat cheese Parmesan cheese	180 mL 115 g 275 g
GRAINS & PASTA Tagliatelle pasta Arborio rice	340 g / ¾ lb 300 g
MISCELLANEOUS Red wine White wine Kidney beans	375 mL (half bottle) 375 mL (half bottle) 425 g / 15 oz can

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