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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	3 heads
Ginger	2 ½ cm / 1" piece
Lime	3
Lemon	1
Orange	2
Jalapeno	1
Yellow onion	3 medium
Red bell pepper	2 medium
Green beans	500 g
Broccoli	2 large heads
HERBS	
Parsley, preferably flat leaf	1 bunch
CONDIMENTS & SPICES	
Dried chili flakes	
Sesame oil	
Ground coriander	
Honey	
Tomato puree	
Tomatoes, chopped	400 g / 1 14 oz can
MEAT & FISH	
Shrimp, (26/30 count)	1 kg / 2 ½ lbs
Cod fillet, skinless and boneless	1 kg / 2 ½ lbs
Chicken, thighs, boneless and skin-on	1.6 kg / 3 ½ lbs
CHEESE & DIARY	
Parmesan cheese	10 g
GRAINS & PASTA	
Quinoa	200 g
MISCELLANEOUS	
Coconut milk	400 mL
Yogurt, plain	200 g
Pistachios, shelled, unsalted	115 g
Corn tortilla, 15 cm / 6" diameter	8 tortillas
Breadcrumbs, preferably Panko	100 g

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