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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	
Lime	2
Yellow onion	4
Red onion	3
Green onion	5
Jalapeno	1
Potato, Yukon Gold, peeled and diced	1
Corn, fresh	9 ears
Cucumber	1
Red bell pepper	6
Tomatoes, cherry	200 g
Tomatoes, plum	225 g / ½ lb
Avocado, peeled and pitted	2
HERBS	
Parsley	1 bunch
Cilantro	1 bunch
CONDIMENTS & SPICES	
Curry powder	
Ginger, ground	
Tomato paste	
Apple cider vinegar	
MEAT & FISH	
Beef, sirloin steak	900 g / 2 lbs
Bacon	24 g / 2 slices
Salmon fillet, skinless	900 g / 2 lbs
Shrimp (41-50)	450 g / 1 lb
CHEESE & DIARY	
Milk, whole	840 mL
Yogurt, plain	60 mL
GRAINS & PASTA	
White rice, long grain	200 g
Farfalle pasta	340 g
MISCELLANEOUS	
Sourdough bread	1 loaf
Green olives, pitted	90 g

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