

Grocery list for week 1

Fruits & Vegetables

- | | |
|---|--|
| <input type="checkbox"/> banana: 3 | <input type="checkbox"/> peppers: 4 |
| <input type="checkbox"/> apple: 1 | <input type="checkbox"/> potato: 1800 g |
| <input type="checkbox"/> peach: 2 | <input type="checkbox"/> avocado: 1 |
| <input type="checkbox"/> lemon: 3 | <input type="checkbox"/> asparagus: 3 bunch |
| <input type="checkbox"/> strawberries: 4 tbsp | <input type="checkbox"/> corn: 3 tbsp |
| <input type="checkbox"/> blueberries: 2 tbsp | <input type="checkbox"/> cucumber: 3 |
| <input type="checkbox"/> tomato: 2 | <input type="checkbox"/> green onion: 3 tbsp |
| <input type="checkbox"/> onion | <input type="checkbox"/> lettuce: 161 g |

Meat

- | | |
|--|--|
| <input type="checkbox"/> chicken: 1250 g | <input type="checkbox"/> tuna steak: 520 g |
| <input type="checkbox"/> Cod fish: 730 g | <input type="checkbox"/> beef steak: 420 g |
| <input type="checkbox"/> Shrimp: 100 g | <input type="checkbox"/> chicken breast: 630 g |
| <input type="checkbox"/> turkey: 680 g | |

Products

- | | |
|---|--|
| <input type="checkbox"/> egg: 15 | <input type="checkbox"/> mustard: 1 tbsp |
| <input type="checkbox"/> egg whites: 3 | <input type="checkbox"/> long grain rice: 90 g |
| <input type="checkbox"/> soy sauce | <input type="checkbox"/> cheddar: 2 tbsp |
| <input type="checkbox"/> coconut | <input type="checkbox"/> almonds: 4 tbsp |
| <input type="checkbox"/> Yogurt: 240 g | <input type="checkbox"/> coconut oil |
| <input type="checkbox"/> granola: 4 tbsp | <input type="checkbox"/> whole grain rice: 185 g |
| <input type="checkbox"/> picante sauce | <input type="checkbox"/> parmesan: 1 tbsp |
| <input type="checkbox"/> whole wheat bread: 2 | <input type="checkbox"/> coconut butter: 2 tbsp |
| <input type="checkbox"/> butter: 2 tbsp | |

Other

- basil
- cayenne pepper
- salt
- black pepper
- balsamic vinegar
- ginger

- garlic
- sesame seeds
- sesame oil
- clove garlic
- olive oil
- honey