

## Grocery list for week 10

### Fruits & Vegetables

- |  |  |
|--|--|
| <input type="checkbox"/> banana: 5                 | <input type="checkbox"/> potato: 1800 g      |
| <input type="checkbox"/> apple: 2                  | <input type="checkbox"/> onion               |
| <input type="checkbox"/> peach: 4                  | <input type="checkbox"/> tomato: 1           |
| <input type="checkbox"/> lemon: 1                  | <input type="checkbox"/> peppers: 2          |
| <input type="checkbox"/> blackberry spread: 1 tbsp | <input type="checkbox"/> asparagus: 3 bunch  |
| <input type="checkbox"/> strawberries: 4 tbsp      | <input type="checkbox"/> baby spinach: 105 g |
| <input type="checkbox"/> blueberries: 2 tbsp       |  |

### Meat

- |  |  |
|--|--|
| <input type="checkbox"/> chicken: 1250 g       | <input type="checkbox"/> salmon fillets: 420 g |
| <input type="checkbox"/> Shrimp: 100 g         | <input type="checkbox"/> beef steak: 420 g     |
| <input type="checkbox"/> turkey: 680 g         | <input type="checkbox"/> tuna steak: 470 g     |
| <input type="checkbox"/> chicken breast: 630 g |  |

### Products

- |  |   |
|--|---|
| <input type="checkbox"/> egg: 12         | <input type="checkbox"/> Yogurt: 240 g          |
| <input type="checkbox"/> egg whites: 9   | <input type="checkbox"/> granola: 4 tbsp        |
| <input type="checkbox"/> coconut         | <input type="checkbox"/> almonds: 64 g          |
| <input type="checkbox"/> bread crumbs    | <input type="checkbox"/> coconut oil            |
| <input type="checkbox"/> mustard: 1 tbsp | <input type="checkbox"/> long grain rice: 185 g |
| <input type="checkbox"/> soy sauce       | <input type="checkbox"/> whole grain rice: 90 g |
| <input type="checkbox"/> butter: 2 tbsp  | <input type="checkbox"/> cheddar: 2 tbsp        |

## Other

- herbs
- garlic
- parsley
- tarragon
- black pepper
- salt
- basil

- cayenne pepper
- balsamic vinegar
- onion powder
- sesame seeds
- olive oil
- broth