

Grocery list for week 11

Fruits & Vegetables

- | | |
|---|--|
| <input type="checkbox"/> lemon: 5 | <input type="checkbox"/> avocado: 1 |
| <input type="checkbox"/> banana: 3 | <input type="checkbox"/> potato: 2250 g |
| <input type="checkbox"/> apple: 1 | <input type="checkbox"/> tomato: 2 |
| <input type="checkbox"/> peach: 2 | <input type="checkbox"/> onion |
| <input type="checkbox"/> strawberries: 4 tbsp | <input type="checkbox"/> peppers: 8 |
| <input type="checkbox"/> blueberries: 2 tbsp | <input type="checkbox"/> baby spinach: 105 g |

Meat

- | | |
|---|--|
| <input type="checkbox"/> salmon fillets: 830 g | <input type="checkbox"/> beef steak: 420 g |
| <input type="checkbox"/> chicken breast: 1880 g | <input type="checkbox"/> tuna steak: 470 g |

Products

- | | |
|---|---|
| <input type="checkbox"/> egg: 14 | <input type="checkbox"/> granola: 4 tbsp |
| <input type="checkbox"/> egg whites: 3 | <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 | <input type="checkbox"/> long grain rice: 90 g |
| <input type="checkbox"/> mustard: 1 tbsp | <input type="checkbox"/> almonds: 4 tbsp |
| <input type="checkbox"/> soy sauce | <input type="checkbox"/> coconut oil |
| <input type="checkbox"/> coconut | <input type="checkbox"/> whole grain rice: 90 g |
| <input type="checkbox"/> Yogurt: 240 g | <input type="checkbox"/> cheddar: 2 tbsp |

Other

- balsamic vinegar
- cilantro
- basil
- cayenne pepper
- parsley
- black pepper
- salt

- clove garlic
- sesame oil
- onion powder
- garlic powder
- olive oil
- maple syrup