

Grocery list for week 2

Fruits & Vegetables

- | | |
|---|--|
| <input type="checkbox"/> banana: 3 | <input type="checkbox"/> tomato: 4 |
| <input type="checkbox"/> apple: 1 | <input type="checkbox"/> peppers: 4 |
| <input type="checkbox"/> peach: 2 | <input type="checkbox"/> onion |
| <input type="checkbox"/> lemon: 1 | <input type="checkbox"/> potato: 2250 g |
| <input type="checkbox"/> apple juice: 1 | <input type="checkbox"/> sauerkraut: 660 g |
| <input type="checkbox"/> orange juice: 6 | <input type="checkbox"/> avocado: 1 |
| <input type="checkbox"/> strawberries: 4 tbsp | <input type="checkbox"/> green beans: 138 g |
| <input type="checkbox"/> blueberries: 2 tbsp | <input type="checkbox"/> baby spinach: 105 g |

Meat

- | | |
|---|--|
| <input type="checkbox"/> Cod fish: 730 g | <input type="checkbox"/> tuna steak: 520 g |
| <input type="checkbox"/> chicken: 630 g | <input type="checkbox"/> beef steak: 420 g |
| <input type="checkbox"/> chicken breast: 1150 g | <input type="checkbox"/> salmon fillets: 420 g |

Products

- | | |
|---|---|
| <input type="checkbox"/> egg: 15 | <input type="checkbox"/> butter: 1 tbsp |
| <input type="checkbox"/> egg whites: 6 | <input type="checkbox"/> mustard: 1 tbsp |
| <input type="checkbox"/> coconut | <input type="checkbox"/> parmesan: 2 tbsp |
| <input type="checkbox"/> soy sauce | <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"/> long grain rice: 90 g |
| <input type="checkbox"/> barbeque sauce | <input type="checkbox"/> cheddar: 2 tbsp |
| <input type="checkbox"/> whole wheat bread: 2 | <input type="checkbox"/> whole grain rice: 90 g |

Other

black pepper

salt

garlic

parsley

oregano

basil

cayenne pepper

paprika

white pepper

thyme

onion powder

clove garlic

sesame seeds

broth

olive oil