

Grocery list for week 3

Fruits & Vegetables

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|---|--|
| <input type="checkbox"/> banana: 5 | <input type="checkbox"/> potato: 2250 g |
| <input type="checkbox"/> apple: 2 | <input type="checkbox"/> broccoli: 220 g |
| <input type="checkbox"/> peach: 4 | <input type="checkbox"/> onion |
| <input type="checkbox"/> lemon: 4 | <input type="checkbox"/> zucchini: 90 g |
| <input type="checkbox"/> strawberries: 4 tbsp | <input type="checkbox"/> tomato: 2 |
| <input type="checkbox"/> blueberries: 2 tbsp | <input type="checkbox"/> cauliflower: 40 g |
| <input type="checkbox"/> peppers: 6 | <input type="checkbox"/> baby spinach: 105 g |

Meat

- | | |
|---|---|
| <input type="checkbox"/> Tilapia: 680 g | <input type="checkbox"/> salmon fillets: 420 g |
| <input type="checkbox"/> ground turkey: 520 g | <input type="checkbox"/> beef tenderloin: 420 g |
| <input type="checkbox"/> chicken breast: 1880 g | |

Products

- | | |
|--|---|
| <input type="checkbox"/> egg: 12 | <input type="checkbox"/> almonds: 64 g |
| <input type="checkbox"/> egg whites: 6 | <input type="checkbox"/> coconut oil |
| <input type="checkbox"/> Yogurt: 240 g | <input type="checkbox"/> long grain rice: 90 g |
| <input type="checkbox"/> granola: 4 tbsp | <input type="checkbox"/> parmesan: 3 tbsp |
| <input type="checkbox"/> coconut | <input type="checkbox"/> cheddar: 2 tbsp |
| <input type="checkbox"/> tomato salsa: 130 g | <input type="checkbox"/> coconut butter: 2 tbsp |
| <input type="checkbox"/> soy sauce | <input type="checkbox"/> whole grain rice: 90 g |
| <input type="checkbox"/> butter: 1 tbsp | |

Other

- parsley
- basil
- black pepper
- salt
- herbs

- clove garlic
- sesame oil
- garlic powder
- onion powder