

## Grocery list for week 4

### Fruits & Vegetables

- |   |  |
|---|--|
| <input type="checkbox"/> banana: 4          | <input type="checkbox"/> blueberries: 4 tbsp |
| <input type="checkbox"/> lemon: 6           | <input type="checkbox"/> potato: 1800 g      |
| <input type="checkbox"/> apple: 1           | <input type="checkbox"/> avocado: 1          |
| <input type="checkbox"/> peach: 2           | <input type="checkbox"/> tomato: 1           |
| <input type="checkbox"/> strawberries: 64 g | <input type="checkbox"/> baby spinach: 105 g |

### Meat

- |   |   |
|---|---|
| <input type="checkbox"/> Halibut: 520 g | <input type="checkbox"/> chicken breast: 2500 g |
| <input type="checkbox"/> Tilapia: 680 g | <input type="checkbox"/> ground turkey: 680 g   |

### Products

- |   |  |
|---|--|
| <input type="checkbox"/> egg: 14              | <input type="checkbox"/> butter: 2 tbsp          |
| <input type="checkbox"/> egg whites: 6        | <input type="checkbox"/> mustard: 3 tbsp         |
| <input type="checkbox"/> Yogurt: 480 g        | <input type="checkbox"/> coconut                 |
| <input type="checkbox"/> granola: 80 g        | <input type="checkbox"/> whole grain rice: 185 g |
| <input type="checkbox"/> bread crumbs         | <input type="checkbox"/> long grain rice: 90 g   |
| <input type="checkbox"/> parmesan: 1 tbsp     | <input type="checkbox"/> almonds: 4 tbsp         |
| <input type="checkbox"/> soy sauce            | <input type="checkbox"/> coconut oil             |
| <input type="checkbox"/> whole wheat bread: 2 |  |

### Other

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> black pepper   | <input type="checkbox"/> garlic       |
| <input type="checkbox"/> salt           | <input type="checkbox"/> parsley      |
| <input type="checkbox"/> cayenne pepper | <input type="checkbox"/> clove garlic |
| <input type="checkbox"/> oregano        | <input type="checkbox"/> onion powder |
| <input type="checkbox"/> basil          | <input type="checkbox"/> olive oil    |
| <input type="checkbox"/> herbs          | <input type="checkbox"/> honey        |