

## Grocery list for week 6

### Fruits & Vegetables

- |   |  |
|---|--|
| <input type="checkbox"/> lime: 1              | <input type="checkbox"/> avocado: 1          |
| <input type="checkbox"/> banana: 3            | <input type="checkbox"/> onion               |
| <input type="checkbox"/> apple: 1             | <input type="checkbox"/> potato: 2250 g      |
| <input type="checkbox"/> peach: 2             | <input type="checkbox"/> tomato: 6           |
| <input type="checkbox"/> lemon: 3             | <input type="checkbox"/> peppers: 10         |
| <input type="checkbox"/> strawberries: 4 tbsp | <input type="checkbox"/> baby spinach: 105 g |
| <input type="checkbox"/> blueberries: 2 tbsp  |  |

### Meat

- |  |  |
|--|--|
| <input type="checkbox"/> chicken: 630 g        | <input type="checkbox"/> chicken breast: 630 g |
| <input type="checkbox"/> Tilapia: 680 g        | <input type="checkbox"/> salmon fillets: 420 g |
| <input type="checkbox"/> chicken thighs: 630 g | <input type="checkbox"/> ground turkey: 680 g  |
| <input type="checkbox"/> beef steak: 420 g     |  |

### Products

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

## Other

- black pepper
- salt
- herbs
- basil
- cayenne pepper
- cilantro
- parsley

- dill
- oregano
- onion powder
- garlic powder
- clove garlic
- olive oil