

Grocery list for week 7

Fruits & Vegetables

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|--|--|
| <input type="checkbox"/> banana: 3 | <input type="checkbox"/> tomato: 2 |
| <input type="checkbox"/> apple: 1 | <input type="checkbox"/> peppers: 2 |
| <input type="checkbox"/> peach: 2 | <input type="checkbox"/> potato: 1800 g |
| <input type="checkbox"/> lemon: 6 | <input type="checkbox"/> avocado: 1 |
| <input type="checkbox"/> strawberries: 4 tbsp | <input type="checkbox"/> cauliflower: 90 g |
| <input type="checkbox"/> blueberries: 2 tbsp | <input type="checkbox"/> broccoli: 90 g |
| <input type="checkbox"/> blackberry spread: 1 tbsp | <input type="checkbox"/> baby spinach: 105 g |
| <input type="checkbox"/> onion | <input type="checkbox"/> green onion: 3 tbsp |

Meat

- | | |
|--|---|
| <input type="checkbox"/> chicken: 630 g | <input type="checkbox"/> tuna steak: 470 g |
| <input type="checkbox"/> Tilapia: 680 g | <input type="checkbox"/> chicken breast: 1250 g |
| <input type="checkbox"/> chicken thighs: 630 g | <input type="checkbox"/> beef steak: 420 g |

Products

- | | |
|---|--|
| <input type="checkbox"/> egg: 17 | <input type="checkbox"/> mustard: 1 tbsp |
| <input type="checkbox"/> egg whites: 6 | <input type="checkbox"/> soy sauce |
| <input type="checkbox"/> Yogurt: 378 g | <input type="checkbox"/> long grain rice: 90 g |
| <input type="checkbox"/> granola: 4 tbsp | <input type="checkbox"/> coconut butter: 2 tbsp |
| <input type="checkbox"/> coconut | <input type="checkbox"/> almonds: 4 tbsp |
| <input type="checkbox"/> bread crumbs | <input type="checkbox"/> coconut oil |
| <input type="checkbox"/> butter: 2 tbsp | <input type="checkbox"/> whole grain rice: 185 g |
| <input type="checkbox"/> whole wheat bread: 2 | <input type="checkbox"/> parmesan: 1 tbsp |

Other

- black pepper
- salt
- herbs
- balsamic vinegar
- parsley
- basil
- cayenne pepper
- ginger

- oregano
- onion powder
- garlic powder
- sesame seeds
- clove garlic
- olive oil
- broth