

Grocery list for week 8

Fruits & Vegetables

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|---|--|
| <input type="checkbox"/> lemon: 5 | <input type="checkbox"/> peppers: 3 |
| <input type="checkbox"/> banana: 3 | <input type="checkbox"/> cauliflower: 90 g |
| <input type="checkbox"/> apple: 1 | <input type="checkbox"/> broccoli: 90 g |
| <input type="checkbox"/> peach: 2 | <input type="checkbox"/> potato: 2250 g |
| <input type="checkbox"/> strawberries: 4 tbsp | <input type="checkbox"/> tomato: 6 |
| <input type="checkbox"/> blueberries: 2 tbsp | <input type="checkbox"/> zucchini: 170 g |
| <input type="checkbox"/> onion | <input type="checkbox"/> baby spinach: 105 g |

Meat

- | | |
|--|---|
| <input type="checkbox"/> Tilapia: 1410 g | <input type="checkbox"/> ground turkey: 680 g |
| <input type="checkbox"/> Halibut: 570 g | <input type="checkbox"/> chicken breast: 1880 g |

Products

- | | |
|--|---|
| <input type="checkbox"/> egg: 15 | <input type="checkbox"/> almonds: 4 tbsp |
| <input type="checkbox"/> egg whites: 3 | <input type="checkbox"/> coconut oil |
| <input type="checkbox"/> coconut | <input type="checkbox"/> whole grain rice: 90 g |
| <input type="checkbox"/> Yogurt: 240 g | <input type="checkbox"/> coconut butter: 2 tbsp |
| <input type="checkbox"/> granola: 4 tbsp | <input type="checkbox"/> long grain rice: 90 g |
| <input type="checkbox"/> cheddar: 2 tbsp | <input type="checkbox"/> parmesan: 3 tbsp |

Other

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