

## Grocery list for week 9

### Fruits & Vegetables

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

### Meat

- |   |  |
|---|--|
| <input type="checkbox"/> Cod fish: 730 g        | <input type="checkbox"/> salmon fillets: 420 g |
| <input type="checkbox"/> beef steak: 420 g      | <input type="checkbox"/> ground turkey: 520 g  |
| <input type="checkbox"/> chicken breast: 1880 g |  |

### Products

- |   |   |
|---|---|
| <input type="checkbox"/> egg: 11              | <input type="checkbox"/> bread crumbs           |
| <input type="checkbox"/> egg whites: 6        | <input type="checkbox"/> almonds: 64 g          |
| <input type="checkbox"/> coconut              | <input type="checkbox"/> coconut oil            |
| <input type="checkbox"/> soy sauce            | <input type="checkbox"/> long 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"/> cheddar: 2 tbsp        |
| <input type="checkbox"/> mustard: 2 tbsp      | <input type="checkbox"/> whole grain rice: 90 g |
| <input type="checkbox"/> whole wheat bread: 2 | <input type="checkbox"/> parmesan: 1 tbsp       |
| <input type="checkbox"/> butter: 1 tbsp       |   |

## Other

- ginger
- black pepper
- salt
- garlic
- parsley
- tarragon
- balsamic vinegar
- cilantro

- herbs
- sesame seeds
- clove garlic
- garlic powder
- onion powder
- apple cider vinegar
- olive oil