

## GROCERY LIST - WEEK 2 & 4

### Fruit

- Apple
- Bananas
- Frozen Blueberries
- Frozen Mixed Berries
- Frozen strawberries
- Mangoes
- Oranges
- Peaches
- Pineapple
- Pomelo
- Strawberries
- Watermelon
- Other fruit in season

### Vegetables

- Ampalaya (1 whole)
- Asparagus (2 bundles)
- Avocado (2 pcs.)
- Baby Spinach (1/4 kilo)
- Bean sprouts (1/2 kilo)
- Beans (1/2 kilo)
- Bokchoy (4 bunches)
- Broccoli (Frozen - 2 bags)
- Cabbage (2 heads)
- Calamansi
- Carrot sticks (1 bag)
- Carrots (8 large pcs.)
- Chinese cabbage (3 bunches)
- Chives (1 bundle)
- Cucumber (4 large)
- Daikon radish or danmuji (2 pcs.)
- Dried Taro leaves
- Eggplant (4 pcs.)
- Fresh Cilantro (2 bunches)
- Frozen mixed vegetables (1 large bag)
- Frozen peas (1 med. bag)
- Frozen spinach (1 large bag)
- Garlic (1/2 kilo)
- Ginger (3 large)
- Green bell pepper (2)
- Green onions (2 bunches)
- Kangkong (3 bunches)
- Leaf lettuce (1 head)
- Lemon grass (4 stalks)
- Lime leaves
- Limes (2 pcs.)
- Pechay (3 bunches)
- Potatoes (14 large pcs.)
- Red bell pepper (2)
- Red chilies
- Romaine Lettuce (2 heads)
- Shallots or red onion (6 pcs.)
- Spinach (1 bag frozen)
- Squash (1/2 squash)
- String beans (1 kilo)
- Tomatoes (3 kilos)
- Yellow Onion (2 kilos)

### Meat

- Bangus Belly (2 packs)
- Beef cubes (2 kilos)
- Beef Sirloin (1 kilo)
- Beef steak (1.5 kilos)
- Chicken Breast (2 kilos)
- Chicken Leg and Thigh (16 pcs.)
- Chicken Thighs (4 kilos)
- Chicken Whole (2 pcs.)
- Danggit
- Eggs (5 dozen)
- Ground Beef (2.5 kilos)
- Ground Pork (1.5 kilo)
- Nitrate-free bacon (1/2 kilo)
- Pork Belly (2 kilos)
- Pork Shoulder (1/2 kilo)
- Prawns (1/4 kilo)
- Rib eye (1.5 kilo)
- Sardines (2 jars)
- Shank (2 kilos)
- Short ribs (2 kilos)
- Tawilis (2 kilos)
- White fish (1/4 kilo)

### Dairy

- Cheese sticks
- Cheddar Cheese
- Coconut cream
- Coconut milk
- Friso
- Kesong Puti
- Whole Milk

### Seasonings/Sauces/Spices

- Atchara
- Annatto powder
- Atsuete oil
- Bagoong (Shrimp paste)
- Bay leaves
- Black pepper
- Chili garlic sauce
- Chili powder
- Coriander powder
- Curry powder
- Dark soy sauce
- Fish sauce or patis
- Kimchi
- Lime juice
- Peanut oil
- Rice vinegar or white wine vinegar
- Rice wine (mirin)
- Sea salt
- Sesame seeds
- Soy sauce
- Sugar
- Sweet chili sauce
- Tomato sauce
- Turmeric powder

### Others

- Bread (Whole Wheat loaf)
- Brown rice (5 kilos)

- Canned corn
- Cereal
- Chicken broth (2 boxes)
- Corn starch
- Dinorado rice (5 kilos)
- Dry roasted peanuts unsalted (1.5 cups)
- Flour
- Granola
- Granola bars
- Honey
- Korean noodles
- Korean sweet potato starch noodles
- Laksa mix
- Long grain rice (2.5 kilos)
- Macaroni noodles
- Misua noodles
- Mixed Nuts or other nuts
- Oatmeal
- Pancake mix
- Peanut butter
- Jam
- Popcorn
- Prunes
- Raisins
- Seaweed wraps
- Sesame oil
- Shitake mushrooms
- Short grain rice (2.5 kilos)
- Sinamak
- Sinigang mix
- Spring roll wrappers
- Straw mushrooms
- Tamarind pulp
- Tea (Green, Turmeric, Morning Boost, etc)
- Tofu
- Tortilla wraps in place of Paleo wraps
- Wonton wrappers
- Yakult
- Yoghurt