

GROCERY LIST - WEEK 1 & 3

Fruit

- Apples
- Bananas
- Frozen blueberries
- Frozen mixed berries
- Frozen strawberries
- Grapes
- Lemon
- Mangoes
- Oranges
- Pineapple
- Other fruit in season

Vegetables

- Arugula (1 bag)
- Avocado (2 large)
- Basil leaves
- Broccoli (1 large or 1 large bag frozen)
- Cabbage (2 heads)
- Carrot sticks (1 large bag)
- Carrots (8 pcs.)
- Cherry tomatoes (1/2 kilo)
- Chives (1 bundle)
- Cucumber
- Eggplant (8 pcs.)
- Fresh Cilantro
- Frozen Spinach (1 bag)
- Frozen vegetable mix (1 large bag)
- Garlic (1/2 kilo)
- Ginger (1/4 kilo)
- Green onions (1 bundle)
- Iceberg Lettuce (1 head)
- Lime (1 pc.)
- Mustard leaves (in place of Kale)
- Onions (2 kilos)
- Potatoes (8 large pcs.)
- Pumpkin or S=squash (1 whole)
- Red bell pepper (2 large)
- Red onions (1/2 kilo)
- Rocket lettuce (1 head)
- Romaine lettuce (1 head)
- Yellow bell pepper (1 large)

Legumes

- Black beans
- Lentils
- Mongo beans

- Red kidney beans

Meats

- Bacon (nitrate-free) (1/2 kilo)
- Bangus back fillet
- Bangus whole (sliced)
- Bangus whole fillet
- Canned tuna (regular and spicy - 6 cans)
- Chicken breast (4 kilos)
- Chicken thigh fillet (4 kilos)
- Chicken whole (2)
- Chorizo sausage (nitrate-free) (4 pcs.)
- Chuck roast (1 kilo)
- Eggs (5 dozen)
- Ground beef (2.5 Kilos)
- Ground pork (2 kilos)
- Halibut (1.5 kilos)
- Mussels (1/2 kilo)
- Frozen seafood mix (optional)
- Parma ham
- Prawns (1 kilo)
- Shrimp (1 kilo)
- Sirloin beef cubes (2 kilos)
- Squid rings (1/2 kilo)
- Tuyo in a jar (2 bottles)

Dairy

- Butter
- Cheddar cheese
- Cheese sticks
- Cream
- Evaporated milk
- Feta Cheese
- Friso Four
- Greek Yoghurt
- Monterey Jack cheese
- Parmesan cheese
- Ricotta cheese
- Sour Cream
- Whole Milk
- Yoghurt (Plain)
- Flavored Yoghurt

Seasonings/Sauces/Spices

- Balsamic vinegar
- Bay leaf
- Cheese dip
- Chili Powder
- Cumin

- Dashi
- Dill Weed
- Enchilada sauce
- Fish sauce or patis
- Flat leaf parsley (fresh)
- Garlic powder
- Hot pepper sauce
- Jalapeño chilies
- Jam
- Ketchup
- Mayonnaise
- Mirin
- Olive Oil
- Oregano
- Paprika
- Peanut Butter
- Pepper
- Pesto
- Red pepper flakes
- Red wine vinegar
- Saffron
- Sake
- Salsa
- Sea Salt
- Sesame oil and seeds
- Soy sauce
- Taco seasoning in place of Mexican Spice blend
- Thyme
- Vegetable oil
- Vinegar
- Worcestershire Sauce

Others

- Almond (sliced)
- Atchara
- Bagels
- Brown rice (5 kilos)
- Canned whole kernel corn (3 cans)
- Capers in a jar
- Dinorado rice (5 kilos)
- Flour
- Gyoza wrapper
- Lumpia wrapper
- Manuka honey
- Mixed nuts or other nuts
- Mushrooms in can
- Nacho chips
- Olives in a jar
- Pandesal

- Pita Bread
- Popcorn kernels
- Prunes
- Raisins
- Refried beans in can (1 can)
- Shitake mushroom
- Short-grain rice
- Spaghetti noodles
- Stewed tomatoes in can
- Teriyaki sauce
- Tortilla wraps
- Walnuts
- Whole loaf of bread (2 whole wheat)