

## Grocery list — Week 4

### Produce

- 3 cobs corn
  - 1 medium red pepper
  - 1 medium orange pepper
  - 3 bell peppers (any color)
  - 1 medium zucchini
  - 1½ medium red onions
  - 1 pint cherry tomatoes
  - 1 large avocado
  - 2 limes
  - 1 small orange
  - 1 small bunch cilantro
  - 1 small bunch mint
  - 1 small piece fresh ginger
  - 3 cloves garlic
  - ½ pineapple
  - 2 cups shredded cabbage
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### Meat & seafood

- 1 lb farmer's sausages
  - 2 boneless chicken breasts
  - 6 boneless skinless chicken thighs
  - 1 lb white fish
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### Dairy & refrigerated

- Tzatziki
  - ½ cup sour cream
  - ¼ cup mayonnaise
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## Bakery & dry goods

- 12 small tortillas
  - Cornstarch
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## Pantry

- Vegetable oil
  - Olive oil
  - Avocado oil
  - Soy sauce
  - Rice vinegar
  - Honey
  - Pitted Kalamata olives
  - Pico de gallo OR salsa
  - Chipotle peppers in adobo sauce
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## Spices & seasonings

- Italian seasoning
- Chili powder
- Onion powder
- Garlic powder
- Ground cumin
- Sea salt
- Black pepper
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