

# QUICK MEALS

## GROCERY LIST

### SEASONING

SALT

BLACK PEPPER

GARLIC POWDER

RED CHILI POWDER

SOY SAUCE

KETCHUP

MUSTARD

ITALIAN HERBS

CURRY POWDER

BUTTER CHICKEN SPICE

### VEGETABLES

POTATOES

ONIONS

TOMATOES

BELL PEPPERS

BROCCOLI

CARROTS

SPINACH

ZUCCHINI

GREEN BEANS

MUSHROOMS

### FROZEN FOOD

CHICKEN NUGGETS

PIZZA

FISH FINGERS

FRIES

CHICKEN WINGS

SPRING ROLLS

SAMOSA

FROZEN VEGETABLES

FROZEN PEAS

BURGER PATTIE

### NOODLES & PASTA

SPAGHETTI

PENNE PASTA

FUSILLI

RAMEN NOODLES

MACARONI

LASAGNA

UDON NOODLES

EGG NOODLES

LINGUINE

ROTINI

### SNACKS

PRETZELS

ALMOND BISCUITS

CHOCOLATE ALMONDS

YOGURT ALMONDS

POTATO CHIPS

MIXED NUTS

PROTEIN BARS

CRACKERS

FRUIT CANDIES

CHOCOLATE RAISINS

SUBLIME  
*Groceria*



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