

# NUTRIMM GROCERIES. APRIL 26, 2021

Food item	Amount (g) Worth 1 week and batch cook	Items	Best before date	Quantity received
<b><i>Fresh produce</i></b>				
Baby carrots	210	1 package of 300 g		
Bell pepper, yellow	96			
Bell pepper, green	800			
Bell pepper, red	800			
Cucumber	121	1 unit		
Spinach, fresh	116			
Potatoes, fresh	1159			
Tomatoes, fresh	261			
Garlic cloves, fresh	94.5	3 heads		
Parsley, fresh	80	1 bunch		
<b><i>Frozen produce</i></b>				
Blueberries, frozen, unsweetened	1300	No name		
<b><i>Deli, Meats, Eggs and Dairy</i></b>				
Cream cheese, light	136	1 package of at least 150 g		
Eggs	1181	24 eggs		
Ham, sliced	285	1 package of 300 g		
Breakfast turkey sausage	219	1 package		
Milk 1%	1123	2 L		
Milk 2%	1387	2 L		
Yogurt, Greek, Vanilla 2%	1329	1.5 L (1 big tube plus 1 small)		
Cheese ricotta, whole milk	2500			
Buttermilk, 1 % cultured with vitamins A & D	490	500 ml or 1 L		
Cheese, mozzarella, 22.5% milk fat	1400	No name		
Pork chop, blade loin, lean	6200	LEAN (if it has a lot of fat, buy a few extra grams)		
Ground beef, lean	3550			

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Beef roast, bottom round, 0 mm trim	8400			
Beef steak, sirloin, tri-tip bottom, 0 mm trim	4600			
<b><i>Breads and pastas</i></b>				
Bread, white, sliced	592	1 package (Wonder, Old Mills)		
Lasagna (pasta), dry, enriched	1000	No name		
<b><i>Spices and condiments</i></b>				
Garlic powder	1-2 packages	No name		
Oregano, dried, leaves	1-2 packages	No name		
Seasoning mix, taco	241	Individual packages or 1 bigger package		
Onion salt	1-2 packages	No name		
Gravy mix, brown, instant	100			
<b><i>Other</i></b>				
Potato chips, lightly salted	393	2-3 packages		
Maple syrup	314	1 bottle of 500 ml or 1 L		
Powdered sugar	500			
Crushed tomatoes (canned)	2400			
Soup, cream of asparagus, canned, condensed	1000	<b>substitution: cream of celery</b>		