Monthly shopping list

FOR A PERUVIAN KITCHEN AND THE WORLD

Month: _____

Budget: _____

Actual spend: _____

Meat & poultry

- ☐ Beef for stewing / braising
- ☐ Beef steaks
- ☐ Oxtail
- ☐ Ossobuco (cross-cut shank)
- ☐ Beef ribs
- ☐ Rib-eye steak
- ☐ Beef fillet / tenderloin
- ☐ Minced beef
- ☐ Beef for burgers
- ☐ Beef bones (for stock)
- ☐ Beef heart (for anticuchos)
- ☐ Whole chicken
- ☐ Chicken breast
- ☐ Chicken drumsticks
- ☐ Chicken thighs
- ☐ Chicken wings
- ☐ Chicken liver
- ☐ Turkey breast
- ☐ Duck

Fish & seafood

- ☐ Corvina (croaker)
- ☐ Sea bass
- ☐ Sea bream
- ☐ Hake
- ☐ Cod
- ☐ Sole
- ☐ Monkfish
- ☐ Turbot
- ☐ Tilapia
- ☐ Grouper (if available)
- ☐ Tuna
- ☐ Bonito
- ☐ Sardines
- ☐ Fresh anchovies
- ☐ Preserved anchovies
- ☐ Salmon
- ☐ Trout
- ☐ Horse mackerel
- ☐ King prawns
- ☐ Prawns / shrimp
- ☐ Mussels
- ☐ Clams
- ☐ Octopus
- ☐ Squid
- ☐ Cuttlefish

Vegetables & tubers

- ☐ Red / white onions
- ☐ Spring onions / scallions
- ☐ Garlic
- ☐ Leeks
- ☐ Celery
- ☐ Carrots
- ☐ Fennel
- ☐ Red / green / yellow peppers
- ☐ Italian sweet peppers
- ☐ Piquillo peppers
- ☐ Green beans
- ☐ Peas
- ☐ Cauliflower
- ☐ Broccoli
- ☐ Aubergine / eggplant
- ☐ Courgette / zucchini
- ☐ Artichokes
- ☐ Papaya
- ☐ Potatoes (for frying / boiling)
- ☐ Yellow / Huayro potatoes
- ☐ Sweet potatoes
- ☐ Olluco (Andean tuber)
- ☐ Macre squash

Fruit

- ☐ Lemons
- ☐ Limes
- ☐ Oranges
- ☐ Mandarins
- ☐ Grapefruit
- ☐ Avocados
- ☐ Mangoes
- ☐ Pineapple
- ☐ Passion fruit
- ☐ Bananas
- ☐ Apples
- ☐ Pears
- ☐ Peaches
- ☐ Plums
- ☐ Grapes
- ☐ Figs
- ☐ Pomegranates
- ☐ Papaya
- ☐ Lucuma (if available)
- ☐ Strawberries
- ☐ Raspberries
- ☐ Blueberries

Herbs & chillies

- ☐ Coriander / cilantro
- ☐ Parsley
- ☐ Spearmint (hierbabuena)
- ☐ Mint
- ☐ Basil
- ☐ Rosemary
- ☐ Thyme
- ☐ Oregano
- ☐ Bay leaves
- ☐ Dill
- ☐ Muna (Andean mint)
- ☐ Tarragon
- ☐ Aji amarillo
- ☐ Aji panca
- ☐ Aji mirasol
- ☐ Rocoto chilli
- ☐ Aji limo
- ☐ Aji charapita
- ☐ Paprika
- ☐ Cayenne pepper

Spices & sauces

- ☐ Cumin
- ☐ Black pepper
- ☐ White pepper
- ☐ Turmeric (palillo)
- ☐ Cinnamon
- ☐ Cloves
- ☐ Anise
- ☐ Sweet paprika
- ☐ Pimenton de la Vera
- ☐ Saffron
- ☐ Nutmeg
- ☐ Ground ginger
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Shichimi togarashi

Rice, pasta & pulses

- ☐ Basmati rice
- ☐ Jasmine rice
- ☐ Sushi rice
- ☐ Brown rice
- ☐ Arborio rice
- ☐ Spaghetti
- ☐ Linguine
- ☐ Fettuccine
- ☐ Tagliatelle
- ☐ Penne
- ☐ Rigatoni
- ☐ Fusilli
- ☐ Macaroni
- ☐ Lasagne sheets
- ☐ Cannelloni
- ☐ Rice noodles
- ☐ Ramen noodles
- ☐ Udon noodles
- ☐ Glass noodles
- ☐ Quinoa
- ☐ Couscous
- ☐ Polenta

Tins & pantry staples

- ☐ Tuna (in oil or brine)
- ☐ Sardines
- ☐ Mussels in escabeche
- ☐ Cockles
- ☐ Anchovies
- ☐ Cancha corn
- ☐ Dried purple corn
- ☐ Chuno (or cornflour / cornstarch)
- ☐ Huacatay paste
- ☐ Coconut milk
- ☐ Coconut cream
- ☐ Stock: chicken, vegetable, fish or meat
- ☐ Evaporated milk

Dairy & cheese

- ☐ Manchego
- ☐ Goat cheese
- ☐ Fresh cheese (or Akkawi)
- ☐ Mozzarella
- ☐ Burrata
- ☐ Parmesan
- ☐ Gorgonzola
- ☐ Ricotta
- ☐ Cheddar
- ☐ Gouda
- ☐ Feta
- ☐ Cream cheese
- ☐ Plain yogurt
- ☐ Greek yogurt
- ☐ Nutritional yeast

Bread & baking

- ☐ Wheat flour
- ☐ Corn flour
- ☐ Chickpea flour
- ☐ Oat flour
- ☐ Almond flour
- ☐ Cornstarch / cornflour
- ☐ Panko
- ☐ Breadcrumbs
- ☐ Corn tortillas
- ☐ Wheat tortillas
- ☐ Sourdough bread
- ☐ Sandwich bread
- ☐ Empanada dough
- ☐ Pizza dough
- ☐ White / brown sugar
- ☐ Honey
- ☐ Icing sugar
- ☐ Baking powder
- ☐ Baking soda
- ☐ Yeast (dried or fresh)
- ☐ Unsweetened cocoa powder
- ☐ Chocolate chips
- ☐ Vanilla
- ☐ Dulce de leche
- ☐ Pastry cream

Use this as a reference - you do not need to buy everything every month.