

6 DINNERS GROCERY LIST (Week of 7/14/25):

Proteins (~\$50–55)

- ☐ 1.5 lb boneless, skinless chicken thighs (Recipe 1)
 - ☐ 1 lb Italian sausage (Recipe 2)
 - ☐ 1 lb white fish (cod or tilapia) (Recipe 3)
 - ☐ 2 (15 oz) cans chickpeas (Recipe 4)
 - ☐ 1 lb flank steak or stir fry beef strips (Recipe 5)
 - ☐ 1 lb ground turkey (Recipe 6)
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Produce (~\$35–40)

- ☐ 1 large cucumber (Recipe 1)
- ☐ 2 lemons (Recipes 1, 3)
- ☐ 2 limes (Recipe 3)
- ☐ 1 head garlic (Multiple)
- ☐ 1 red onion (Multiple)
- ☐ 1 yellow onion (Multiple)
- ☐ 1 small bunch parsley (Recipe 1)
- ☐ 1 bunch cilantro (Recipe 3)
- ☐ 1 small bunch green onions (Recipe 5)
- ☐ 2 large sweet potatoes (Recipe 4)

- ☐ 1 bag coleslaw mix (Recipe 3)
 - ☐ 3 bell peppers (any color) (Recipe 6)
 - ☐ 8 oz snap peas (Recipe 5)
 - ☐ 2 medium tomatoes (Recipe 1)
 - ☐ 1 small pineapple or 1 cup pre-cut (Recipe 3)
 - ☐ 1 small bag baby spinach (Recipe 2)
 - ☐ 1 small knob ginger (Recipe 4)
 - ☐ 2 zucchini (Recipe 2)
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Dairy (~\$15–20)

- ☐ 1 cup plain Greek yogurt (Recipe 1)
 - ☐ 1/2 cup grated Parmesan (Recipe 2)
 - ☐ 1/2 cup shredded mozzarella (Recipe 6)
 - ☐ 1/4 cup sour cream (Recipe 3)
 - ☐ 1/2 stick butter (Recipes 1, 2)
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Pantry & Dry Goods (~\$25–30)

- ☐ 1.5 cups quinoa (Recipe 6)
- ☐ 1 box pasta (fettuccine or penne) (Recipe 2)
- ☐ 1.5 cups jasmine rice (Recipes 1, 4, 5)

- ☐ 1 (14 oz) can diced tomatoes (Recipe 4)
- ☐ 1 can coconut milk (Recipe 4)
- ☐ 1/2 cup flour (Recipe 3)
- ☐ 1/2 cup olive oil (Multiple)
- ☐ 1/4 cup soy sauce (Recipe 5)
- ☐ 1/4 cup hoisin or teriyaki sauce (Recipe 5)
- ☐ 6 small flour tortillas (Recipe 3)
- ☐ Spices: oregano, cumin, smoked paprika, turmeric, curry powder, red pepper flakes, basil, Italian seasoning, salt, pepper