

GROCERY LIST:

Meat/Fish:

- ☐ Chicken breasts (3 lbs total) [Recipes 1, 4]
- ☐ Chicken thighs (8 pieces) [Recipe 6]
- ☐ Italian sausage (2.5 lbs total) [Recipes 2, 5]
- ☐ Salmon fillets (4 pieces) [Recipe 3]

Produce:

- ☐ Sweet potatoes (3 large) [Recipe 1]
- ☐ Broccoli (2 heads) [Recipe 1]
- ☐ Bell peppers, assorted colors (3) [Recipe 2]
- ☐ Onions (3 large) [Recipes 2, 5]
- ☐ Asparagus (1 lb) [Recipe 3]
- ☐ Baby potatoes (1.5 lb) [Recipe 3]
- ☐ White or yellow potatoes (3 lb) [Recipe 6]
- ☐ English cucumber [Recipe 4]
- ☐ Cherry tomatoes (1 pint) [Recipe 4]
- ☐ Red onion [Recipe 4]
- ☐ Kale (1 bunch) [Recipe 5]
- ☐ Mushrooms (1 lb) [Recipe 6]
- ☐ Carrots (2 lb) [Recipe 6]
- ☐ Celery (4 stalks) [Recipe 6]
- ☐ Garlic (2 heads, multiple recipes)
- ☐ Lemons (2) [Recipes 3, 4]
- ☐ Fresh dill [Recipe 3]
- ☐ Fresh thyme [Recipe 6]

Dairy:

- ☐ Feta cheese (8oz) [Recipe 4]
- ☐ Heavy cream (1 pint) [Recipe 5, 6]
- ☐ Parmesan cheese, grated (½ cup) [Recipe 5]
- ☐ Butter [Recipes 3, 6]
- ☐ Sour Cream (8oz) [Recipe 6]

Pantry:

- ☐ Olive oil

- ☐ Honey [Recipe 1]
- ☐ Soy sauce [Recipe 1]
- ☐ Italian seasoning [Recipe 2]
- ☐ Chickpeas (2 cans) [Recipe 4]
- ☐ Kalamata olives [Recipe 4, optional]
- ☐ Pasta (Penne or Rigatoni, 1 lb) [Recipe 5]
- ☐ Pearl onions (1 bag, frozen) [Recipe 6]
- ☐ Chicken broth (1 box) [Recipe 6]
- ☐ White wine [Recipe 6]
- ☐ Flour [Recipe 6]
- ☐ Red wine vinegar [Recipe 4]
- ☐ White Rice [Recipe 2]
- ☐ Dried oregano [Recipe 4]
- ☐ Basic spices (salt, pepper, paprika, red pepper flakes)
- ☐ Parchment Paper (All sheetpan recipes)