

6 DINNERS GROCERY LIST (Week of 3/10/25):

Meat & Seafood

- ☐ 4 salmon fillets (about 6 oz each) (for Recipe 1)
- ☐ 8 bone-in, skin-on chicken thighs (for Recipes 2 & 4)
- ☐ 1.5 lbs Italian sausage (for Recipes 3 & 6)
- ☐ 1.5 lbs ground beef (80-85% lean) (for Recipe 5)

Produce

- ☐ 2 heads baby bok choy (for Recipe 1)
- ☐ Broccoli: 1 large crown (for Recipe 1) and 2 small heads (about 4 cups florets) (for Recipe 4)
- ☐ Red bell peppers (4) (1 for Recipe 1, 2 for Recipe 2, 1 for Recipe 5)
- ☐ Green bell pepper (1) (for Recipe 5)
- ☐ Green onions (2) (for Recipe 1)
- ☐ Red onion (1) (for Recipe 2)
- ☐ Large onion (1) (for Recipe 3)
- ☐ Yellow onion (1) (for Recipe 5)
- ☐ Fresh ginger (1 small piece) (for Recipe 1)
- ☐ 2 zucchini (for Recipe 2)
- ☐ 2 lemons (for Recipe 2)
- ☐ 3 medium carrots (for Recipe 3)
- ☐ 2 celery stalks (for Recipe 3)
- ☐ 1 bunch kale (about 4-5 cups chopped) (for Recipe 3)
- ☐ 2 large sweet potatoes (about 1.5 lbs total) (for Recipe 5)
- ☐ 1 avocado (for Recipe 5)
- ☐ Fresh cilantro (for Recipe 5)
- ☐ 2 limes (for Recipe 5)
- ☐ 1 pint cherry tomatoes (for Recipe 6)
- ☐ Fresh basil (for Recipe 6)
- ☐ 2-3 heads garlic (about 16-18 cloves total)

Dairy & Refrigerated

- ☐ 1 cup mozzarella cheese, shredded (for Recipe 4)
- ☐ 1/2 cup parmesan cheese, grated (for Recipes 3, 4 & 6)

- ☐ ½ cup shredded cheddar cheese (for Recipe 5)
- ☐ ½ cup heavy cream (for Recipe 6)
- ☐ Sour cream (optional for Recipe 5)

Pantry Items

- ☐ Olive oil (about 1 cup total for all recipes)
- ☐ Honey
- ☐ Soy sauce
- ☐ Rice vinegar
- ☐ Sesame oil
- ☐ Sesame seeds
- ☐ Jasmine or brown rice (optional)
- ☐ 12 oz (penne, rotini, or farfalle) (for Recipe 4)
- ☐ 1 lb (penne or fusilli) (for Recipe 6)
- ☐ Chicken broth (4-5 cups) (for Recipe 3)
- ☐ Canned goods:
 - ☐ 2 (15 oz) cans white beans (cannellini) (for Recipe 3)
 - ☐ 1 (14.5 oz) can diced tomatoes (for Recipe 3)
 - ☐ 1 (15 oz) can black beans (for Recipe 5)
 - ☐ 1 (15 oz) can corn (for Recipe 5)
 - ☐ 1 (10 oz) can diced tomatoes with green chilies (like Ro-Tel) (for Recipe 5)
- ☐ Crusty bread (optional for Recipe 3)
- ☐ 2 cups alfredo sauce (store-bought or homemade) (for Recipe 4)
- ☐ ¼ cup sun-dried tomatoes (for Recipe 4)
- ☐ ¼ cup basil pesto (store-bought or homemade) (for Recipe 6)

Herbs & Spices

- ☐ Rosemary (for Recipe 3)
- ☐ Dried oregano (for Recipes 2, 5 & 6)
- ☐ Thyme (for Recipe 3)
- ☐ Red pepper flakes (for Recipes 1, 3 & 4)
- ☐ Italian seasoning (for Recipe 4)
- ☐ Chili powder
- ☐ Cumin
- ☐ Paprika