

6 DINNERS GROCERY LIST (Week of 6/2/25):

Proteins (\$45-50)

- ☐ * 8 bone-in, skin-on chicken thighs (Recipes 1, 4)
- ☐ * 1 lb boneless chicken thighs (Recipe 6)
- ☐ * 6 Italian sausage links (Recipes 3, 6)
- ☐ * 1.5 lbs ground beef 80/20 (Recipe 5)
- ☐ * 1.5 lbs white fish fillets (Recipe 2)

Vegetables (\$35-40)

- ☐ * 3 zucchini (Recipes 1, 3, 6)
- ☐ * 4 red bell peppers (Recipes 1, 3, 6)
- ☐ * 3 red onions (Recipes 1, 3, 4, 5)
- ☐ * 2 large sweet potatoes (Recipe 5)
- ☐ * 4 cups shredded cabbage mix (Recipe 2)
- ☐ * 1 carrot (Recipe 2)
- ☐ * 8 cups mixed salad greens (Recipe 4)
- ☐ * 4 cups mixed greens (Recipe 5)
- ☐ * 1 cucumber (Recipe 4)
- ☐ * 1 pint cherry tomatoes (Recipe 4)
- ☐ * 2 large tomatoes (Recipe 5)
- ☐ * 2 limes (Recipe 2)
- ☐ * 1 lemon (Recipe 6)

Pantry/Dairy (\$25-30)

- ☐ * Olive oil (all recipes)
- ☐ * 12 oz penne pasta (Recipe 3)
- ☐ * 1.5 cups white rice (Recipe 6)
- ☐ * 3 cups chicken broth (Recipe 6)
- ☐ * 8 corn tortillas (Recipe 2)
- ☐ * 2 tablespoons butter (Recipe 6)
- ☐ * Grated Parmesan cheese (Recipe 3)
- ☐ * Feta cheese (Recipe 4)
- ☐ * 4 slices cheese (Recipe 5)
- ☐ Fresh Herbs/Produce (\$15-20)
- ☐ * Fresh cilantro (Recipes 2, 5)

- ☐ * Fresh basil (Recipe 3)
- ☐ * 2 avocados (Recipes 2, 5)
- ☐ * Garlic (multiple recipes)

Pantry Staples (\$20-25)

- ☐ * Honey (Recipes 1, 2, 4)
- ☐ * Soy sauce (Recipe 1)
- ☐ * Apple cider vinegar (Recipe 1)
- ☐ * Balsamic vinegar (Recipe 4)
- ☐ * White wine (Recipe 3)
- ☐ * Canned diced tomatoes (Recipe 3)
- ☐ * Mayonnaise (Recipes 2, 5)
- ☐ * Dijon mustard (Recipes 4, 5)
- ☐ * Ketchup (Recipe 5)
- ☐ * Slivered almonds (Recipe 6)
- ☐ * Pine nuts or walnuts (Recipe 4)
- ☐ * Garlic powder (Recipes 5, 6)
- ☐ * Red pepper flakes (Recipe 3)
- ☐ * Various spices and seasonings

Estimated Total Cost: \$140-165

Prices may vary by location and store. Consider buying family packs of meat and freezing portions, shopping sales, and using store brands to keep costs down.

Prep Tips:

- * Grill proteins in batches when weather permits**
- * Prep vegetables ahead of time**
- * Cook rice pilaf while grilling skewers**
- * Make vinaigrette ahead and store in refrigerator**
- * Marinate chicken for skewers while preparing other components**