

6 DINNERS GROCERY LIST (Week 21):

Proteins (~\$50)

- 1 lb ground beef (Recipe 1)
- 1 lb medium raw shrimp (peeled & deveined) (Recipe 2)
- 1 rotisserie chicken or 1.25 lb cooked shredded chicken (Recipe 5)
- 1 can black beans (Recipe 2)
- 1.5 cups dried lentils (Recipe 4)

Produce (~\$35–40)

- 1 large cucumber (Recipe 1)
- 2 carrots (Recipe 4)
- 2 stalks celery (Recipe 4)
- 1 bunch green onions (Recipes 1, 2)
- 1 red onion (Multiple)
- 1 small mango (Recipe 2)
- 1 pint cherry tomatoes (Recipe 6)
- 4–6 portobello mushroom caps (Recipe 6)
- 1 lemon (Recipe 6)
- 1 lime (Recipe 2)
- 1 small bunch parsley (Recipe 6)

- 1 bulb garlic (Multiple)**
- 1-inch piece fresh ginger (Recipe 4)**
- 1 small bag baby arugula or spring mix (Recipe 6)**

Dairy (~\$15–18)

- 4 oz crumbled feta cheese (Recipe 6)**
- 4 oz shredded smoked gouda (or cheddar if preferred) (Recipe 5)**
- 1/4 cup Greek yogurt (Recipe 1)**
- 1/4 cup grated Parmesan (Recipe 3)**

Pantry & Dry Goods (~\$30–35)

- 1 (16 oz) package shelf-stable gnocchi (Recipe 3)**
- 1 (10 oz) jar pesto (Recipe 3)**
- 1 (14 oz) can crushed tomatoes (Recipe 4)**
- 1 box couscous (Recipe 6)**
- 4 flatbreads or naan (Recipe 5)**
- 6 small tostada shells (or corn tortillas) (Recipe 2)**
- 1/4 cup rice vinegar (Recipe 1)**
- 2 tbsp soy sauce (Recipe 1)**
- 1.5 cups jasmine or basmati rice (Recipe 1)**

- Olive oil**
- 1 can coconut milk (Recipe 4)**
- 1 pack store-bought garlic naan (Recipe 4)**

Spices & Condiments (use pantry staples, or add if not on hand)

- Sesame oil (Recipe 1)**
- Red pepper flakes**
- Paprika**
- Cumin**
- Turmeric**
- Coriander**
- Cinnamon**
- Chili powder**
- Salt & pepper**
- Honey or brown sugar**