

6 DINNERS GROCERY LIST (Week of 5/19/25):

Protein

- ☐ 3 lbs boneless, skinless chicken breasts (Recipes 1, 5)
- ☐ 1.5 lbs large shrimp, peeled and deveined (Recipes 2, 6)
- ☐ 2 lbs chuck steak (Recipes 4, 6) (you can upgrade to sirloin or ribeye if so desired, but will be more expensive)
- ☐ 2 (15 oz) cans black beans (Recipe 3)

Produce

- ☐ 4 zucchinis (Recipes 1, 3, 4, 6)
- ☐ 4 bell peppers (2 red, 1 yellow, 1 green - Recipes 1, 3, 4, 6)
- ☐ 3 red onions (Recipes 1, 3, 4, 6)
- ☐ 1 head garlic (16 cloves needed across all recipes)
- ☐ 4 ears corn (Recipe 2)
- ☐ 1 yellow squash (Recipe 3)
- ☐ 1 bunch asparagus (Recipe 5)
- ☐ 2 large sweet potatoes (Recipe 6)
- ☐ 8 cups mixed salad greens (Recipe 4)
- ☐ 1 bunch fresh parsley (Recipe 4)
- ☐ 1 bunch fresh cilantro (Recipes 2, 3)
- ☐ 1-inch piece fresh ginger (Recipe 5)
- ☐ 2 lemons (Recipes 1, 3)
- ☐ 2 limes (Recipe 2)
- ☐ 1 avocado (optional, Recipe 4)
- ☐ 1.5 cups rice or 1 box couscous (optional side for Recipe 3)

Pantry Items

- ☐ Olive oil (all recipes) - \$8-10 (if needed)
- ☐ Dried oregano (Recipes 1, 3, 4) - \$2
- ☐ Dried thyme (Recipe 1) - \$2
- ☐ Ground cumin (Recipes 2, 3, 6) - \$2
- ☐ Red pepper flakes (Recipe 2) - \$2
- ☐ Paprika (Recipe 6) - \$2
- ☐ Cayenne pepper (Recipe 6) - \$2

- ☐ Soy sauce (Recipe 5) - \$2-3
- ☐ Honey (Recipe 5) - \$3-4
- ☐ Rice vinegar or apple cider vinegar (Recipe 5) - \$2-3
- ☐ Red wine vinegar (Recipe 4) - \$2-3
- ☐ Salt and pepper (all recipes) - \$0 (assuming on hand)

Additional Items (\$6-8)

- ☐ Heavy-duty aluminum foil (Recipe 3) - \$3-4
- ☐ 16 wooden skewers (Recipes 2, 6) - \$3-4
- ☐ Zip-top bags (Recipe 5) - \$2-3
- ☐ Croutons or baguette (optional for Recipe 4)
- ☐ Goat cheese or feta (optional for Recipe 4)