

6 DINNERS GROCERY LIST (Week of 3/24/25):

Meat & Seafood

- ☐ Salmon fillets (4 fillets, 6 oz each) - *Recipe 1*
- ☐ Chicken drumsticks (16) - *Recipe 2, Recipe 5*
- ☐ Ground beef (85% lean, 1 lb) - *Recipe 3*
- ☐ Bone-in pork chops (4, about 1-inch thick) - *Recipe 6*

Produce

- ☐ Brussels sprouts (1 lb) - *Recipe 1*
- ☐ Butternut squash (*high recommend to get pre-cubed*) (1.5 lbs) - *Recipe 1*
- ☐ Lemons (1) - *Recipe 4*
- ☐ Broccoli (2 heads / 4 cups) - *Recipe 2*
- ☐ Baby potatoes (1.5 lbs) - *Recipe 2*
- ☐ Bell peppers (7 total):
 - ☐ Red bell peppers (4) - *Recipe 3, Recipe 4, Recipe 5*
 - ☐ Other colors (3) - *Recipe 3*
- ☐ Zucchini (2) - *Recipe 4, Recipe 5*
- ☐ Yellow squash (1) - *Recipe 4*
- ☐ Red onions (3) - *Recipe 2, Recipe 4, Recipe 5, Recipe 6*
- ☐ Yellow onion (1) - *Recipe 3*
- ☐ Carrots (3) - *Recipe 4, Recipe 5*
- ☐ Asparagus (1 bunch / 2 cups) - *Recipe 4*
- ☐ Garlic (2 heads) - *All recipes*
- ☐ Fresh ginger (1 small piece) - *Recipe 5*
- ☐ Fresh thyme (1 bunch) - *Recipe 6*
- ☐ Fresh basil (1 bunch) - *Recipe 4*
- ☐ Fresh parsley (1 bunch) - *Recipe 3*
- ☐ Fresh cilantro (1 bunch) - *Recipe 5*
- ☐ Green onions (1 bunch) - *Recipe 5*
- ☐ Lime (1) - *Recipe 5*
- ☐ Apples (2) - *Recipe 6*
- ☐ Sweet potatoes (2 large) - *Recipe 6*
- ☐ Optional: red chili (1) - *Recipe 5*

Dairy & Refrigerated

- ☐ Mozzarella cheese (1 cup shredded) - *Recipe 3*
- ☐ Parmesan cheese (1/2 cup grated) - *Recipe 4*
- ☐ Heavy cream (1/2 cup) - *Recipe 4*
- ☐ Butter (4 tablespoons) - *Recipe 6*

Pantry

- ☐ Olive oil - *All recipes*
- ☐ Vegetable oil - *Recipe 5*
- ☐ Dijon mustard - *Recipe 1*
- ☐ Maple syrup - *Recipe 1, Recipe 6*
- ☐ BBQ sauce (1 cup) - *Recipe 2*
- ☐ Penne pasta (1 lb) - *Recipe 4*
- ☐ White rice (3 cups dry) - *Recipe 3, Recipe 5*
- ☐ Diced tomatoes (1 can, 14.5 oz) - *Recipe 3*
- ☐ Tomato sauce (1 can, 8 oz) - *Recipe 3*
- ☐ Tomato paste (2 tablespoons) - *Recipe 3*
- ☐ Worcestershire sauce - *Recipe 3*
- ☐ Coconut milk (1 can, 14 oz) - *Recipe 5*
- ☐ Red curry paste (2 tablespoons) - *Recipe 5*
- ☐ Fish sauce - *Recipe 5*
- ☐ Brown sugar - *Recipe 5*
- ☐ Apple cider (or chicken broth) - *Recipe 6*
- ☐ Apple cider vinegar - *Recipe 1*
- ☐ White wine (or vegetable broth) - *Recipe 4*
- ☐ Frozen peas (1 cup) - *Recipe 4*
- ☐ Whole grain mustard (optional) - *Recipe 1*

Spices & Seasonings

- ☐ Dried thyme - *Recipe 1, Recipe 6*
- ☐ Garlic powder - *Recipe 2*
- ☐ Paprika - *Recipe 2*
- ☐ Dried oregano - *Recipe 2*
- ☐ Italian seasoning - *Recipe 3*
- ☐ Ground cinnamon - *Recipe 6*
- ☐ Red pepper flakes (optional) - *Recipe 4*