

Grocery List - Week of 1/27/25

Proteins	Recipe
4 bone-in, skin-on chicken thighs	Sheet Pan Lemon Herb Chicken
6 boneless, skinless chicken breasts (about 2.5 lbs total)	Garlic Butter Chicken, Greek Salad with Grilled Chicken
2 lbs ground beef	Taco Salad, Sheet Pan Ground Beef Nachos
4 salmon fillets (about 6 oz each)	Sheet Pan Salmon with Asparagus and Cherry Tomatoes
Vegetables	
1½ lbs baby potatoes	Sheet Pan Lemon Herb Chicken
1 lbs broccoli florets	Garlic Butter Chicken
3 cups green beans	Sheet Pan Lemon Herb Chicken
1 lbs asparagus	Sheet Pan Salmon with Asparagus and Cherry Tomatoes
3 cups cherry tomatoes	Sheet Pan Salmon with Asparagus and Cherry Tomatoes, Greek Salad with Grilled Chicken, Taco Salad
1 cucumbers	Greek Salad with Grilled Chicken
3 red onions	Sheet Pan Ground Beef Nachos, Greek Salad with Grilled Chicken, Taco Salad
2 avocado	Sheet Pan Ground Beef Nachos, Taco Salad
1 jalapeño (optional)	Sheet Pan Ground Beef Nachos

12 cups romaine lettuce (4-5 large heads)	Greek Salad with Grilled Chicken, Taco Salad
4 lemons	Sheet Pan Lemon Herb Chicken, Sheet Pan Salmon with Asparagus and Cherry Tomatoes, Garlic Butter Chicken
1-2 bunch fresh cilantro	Sheet Pan Ground Beef Nachos, Taco Salad
Dairy	
2 cups shredded cheddar cheese	Sheet Pan Ground Beef Nachos (1½ cups), Taco Salad (½ cup)
¼ cup crumbled feta	Greek Salad with Grilled Chicken
1 container Sour cream	Sheet Pan Ground Beef Nachos, Taco Salad
Canned/Packaged Goods	
2 cans black beans	Sheet Pan Ground Beef Nachos, Taco Salad
2 cans corn (frozen or canned)	Sheet Pan Ground Beef Nachos, Taco Salad
2 packets taco seasoning	Sheet Pan Ground Beef Nachos, Taco Salad
2 bags tortilla chips	Sheet Pan Ground Beef Nachos, Taco Salad
1 large Salsa	Sheet Pan Ground Beef Nachos, Taco Salad
Pantry Staples	
Olive oil (about ¾ cup)	All recipes
Unsalted butter (3 tbsp)	Garlic Butter Chicken
Red wine vinegar (2 tbsp)	Greek Salad with Grilled Chicken
Dijon mustard (1 tsp)	Greek Salad with Grilled

	Chicken
Garlic (1 bulb, about 10 cloves total)	Sheet Pan Lemon Herb Chicken, Garlic Butter Chicken, Greek Salad with Grilled Chicken, Sheet Pan Salmon with Asparagus and Cherry Tomatoes
Dried thyme (1 tsp)	Sheet Pan Lemon Herb Chicken
Dried rosemary (1 tsp)	Sheet Pan Lemon Herb Chicken
Paprika (1 tsp)	Sheet Pan Salmon with Asparagus and Cherry Tomatoes, Garlic Butter Chicken
Garlic powder (½ tsp)	Sheet Pan Salmon with Asparagus and Cherry Tomatoes
Salt	All recipes
Black pepper	All recipes
Parchment paper	Sheet pan recipes
Grains	
1 cup white rice	Garlic Butter Chicken