

## 6 DINNERS GROCERY LIST (Week 14):

### Meat & Seafood

- ☐ 1.5 lbs ground beef (Recipe 1: Nachos and Recipe 5: Bulgogi Bowls)
- ☐ 1 rotisserie chicken (Recipe 2: Sheet Pan Pizza and Recipe 6: Creamy Pasta)
- ☐ 4 white fish fillets\* (tilapia, cod, or mahi-mahi), 6 oz each (Recipe 4: Blackened Fish)

*\*Fish should either be bought Frozen, or if fresh purchase either the day before or day of making*

### Produce

- ☐ 3 red onions (1 for Recipes 1 & 2, 1 for Recipes 3 & 4, 1 for Recipes 5 & 6)
- ☐ 2 heads garlic
- ☐ 1 piece fresh ginger (Recipe 5: Bulgogi Bowls) or ground ginger
- ☐ 3 large sweet potatoes (Recipe 3: Grain Bowls)
- ☐ 2 ripe mangoes (Recipe 4: Mango Salsa)
- ☐ 1 bunch fresh cilantro (Recipe 1: Nachos and Recipe 4: Mango Salsa)
- ☐ Optional: frozen peas for Recipes 5 & 6

### Dairy

- ☐ 2 cups Mexican blend shredded cheese (Recipe 1: Nachos)
- ☐ 2 cups shredded mozzarella cheese (Recipe 2: Pizza)
- ☐ 1 pint heavy cream (Recipe 6: Pasta) OR 1 cup milk
- ☐ Optional: sour cream (Recipe 1: Nachos topping)

### Pantry (check what you have)

- ☐ 1 cup olive oil
- ☐ 1 packet (1.25 oz) taco seasoning (Recipe 1: Nachos)
- ☐ 1 large bag tortilla chips (13-16 oz) (Recipe 1: Nachos)
- ☐ 1 can (15 oz) black beans (Recipe 1: Nachos)
- ☐ 2 cans (15 oz) chickpeas (Recipe 3: Grain Bowls)
- ☐ 1 lb store-bought pizza dough (Recipe 2: Pizza)
- ☐ 1 jar marinara sauce (Recipe 2: Pizza)
- ☐ 1 bottle vinegar (white or apple cider)

- ☐ 1 bottle honey or brown sugar
- ☐ 1 bottle soy sauce (Recipe 5: Bulgogi Bowls)
- ☐ 1 box fettuccine or linguine pasta (12 oz) (Recipe 6: Pasta)
- ☐ 4.5 cups white rice (dry) (Recipes 3, 4, and 5)
- ☐ 1 chicken bouillon cube (Recipe 6: Pasta)
- ☐ Optional: hot sauce (Recipe 1: topping)

## Spices (check what you have)

- ☐ Italian seasoning
- ☐ Garlic powder
- ☐ Red pepper flakes (optional)
- ☐ Salt
- ☐ Black pepper

## Notes

- The rotisserie chicken is split between the pizza (Recipe 2) and pasta (Recipe 6)
- The ground beef (1.5 lbs) is split between nachos (Recipe 1) and bulgogi bowls (Recipe 5)
- Red onions are shared between recipes (1 onion for recipes 1 & 2, 1 onion for recipes 3 & 4, 1 onion for recipes 5 & 6)
- Use white rice in Recipes 3, 4, and 5
- Italian seasoning is used in multiple recipes instead of buying several different herbs
- This grocery list has been significantly simplified to reduce cost while maintaining delicious meals
- Optional items are listed if your budget allows