

6 DINNERS GROCERY LIST (Week 12):

Proteins

- ☐ 1.5 lbs large shrimp, peeled and deveined (Recipe 1)
- ☐ 8 bone-in, skin-on chicken thighs (4 for Recipe 2, 4 for Recipes 3 and 5)
- ☐ 1.5 lbs flank steak (or stir fry beef, which is typically cheaper) (Recipe 6)

Produce

- ☐ 1 pint cherry tomatoes (Recipe 1, shared with Recipes 3 and 5)
- ☐ 6 cups fresh spinach (4 cups for Recipe 1, 2 cups for Recipe 5)
- ☐ 2 heads broccoli (Recipe 6)
- ☐ 1 lb Brussels sprouts (Recipe 2, some leftover for Recipe 4)
- ☐ 1 cucumber (Recipe 3)
- ☐ 3 red bell peppers (Recipe 3, Recipe 5, Recipe 6)
- ☐ 2 yellow onions (Recipe 4, Recipe 6)
- ☐ 1 red onion (Recipe 3, Recipe 5)
- ☐ 1 shallot (Recipe 1)
- ☐ 2 carrots (Recipe 4)
- ☐ 2 celery stalks (Recipe 4)
- ☐ 1 zucchini (Recipe 4)
- ☐ 1.5 lbs baby potatoes (Recipe 2)
- ☐ Fresh ginger (1 tablespoon, Recipe 6)
- ☐ Garlic (15 cloves total)
- ☐ 5 lemons (Recipes 1, 2, 3, 5)
- ☐ Fresh parsley (Recipe 1, Recipe 3, Recipe 5)
- ☐ Fresh rosemary (Recipe 2)
- ☐ Fresh basil (Recipe 4)

Dairy

- ☐ Butter (4 tablespoons, Recipe 1)
- ☐ Feta cheese (1 cup total - Recipe 3, Recipe 5)
- ☐ Parmesan cheese (1/2 cup total - Recipe 1, Recipe 4)

Grains/Pasta

- ☐ 12 oz linguine pasta (Recipe 1)
- ☐ 2 boxes Orzo (1 cup for Recipe 3, 1/2 cup for Recipe 4, 1.5 cups for Recipe 5)
- ☐ 1.5 cups white rice (Recipe 6)

Canned/Jarred Goods

- ☐ 1 can (15 oz) diced tomatoes (Recipe 4)
- ☐ 1 can (15 oz) white beans (cannellini) (Recipe 4)
- ☐ 1 can (14 oz) artichoke hearts (Recipe 5)
- ☐ 1/2 cup kalamata olives, pitted (Recipe 3)
- ☐ Chicken broth (9 cups total - Recipe 1 optional, Recipe 4, Recipe 5)
- ☐ Beef broth (1/2 cup, Recipe 6)
- ☐ Tomato paste (2 tablespoons, Recipe 4)

Pantry Items

- ☐ Olive oil
- ☐ Vegetable oil (Recipe 6)
- ☐ Sesame oil (Recipe 6)
- ☐ Low-sodium soy sauce (Recipe 6)
- ☐ Oyster sauce (Recipe 6)
- ☐ Cornstarch (Recipe 6)
- ☐ Brown sugar (Recipe 6)
- ☐ Honey (Recipe 2, Recipe 3)
- ☐ Dijon mustard (Recipe 2)
- ☐ Dried oregano (Recipe 3, Recipe 5)
- ☐ Dried Italian seasoning (Recipe 4)
- ☐ Red pepper flakes (Recipe 1, Recipe 5, Recipe 6)
- ☐ Bay leaf (Recipe 4)
- ☐ Red wine vinegar (Recipe 3)
- ☐ Dry white wine (Recipe 1, optional)
- ☐ Salt
- ☐ Black pepper