

6 DINNERS GROCERY LIST (Week 19):

Proteins (~\$50)

- ☐ 4 lb pork shoulder/Boston butt (Recipes 1, 4)
- ☐ 2.5 lbs ground beef 80/20 (Recipes 3, 6)
- ☐ 8 bone-in chicken thighs (Recipe 2)
- ☐ 2 lbs boneless chicken breasts (Recipe 5)

Produce (\$25-30)

- ☐ 6 ears fresh corn (Recipes 2, 5)
- ☐ 3 lbs red potatoes (Recipe 2)
- ☐ 3 medium russet potatoes (Recipe 6)
- ☐ 1 large head green cabbage (Recipe 1)
- ☐ 2 large carrots + 2 additional carrots (Recipes 1, 6)
- ☐ 2 large red onions (multiple recipes)
- ☐ 2 celery stalks (Recipes 2, 6)
- ☐ 2 large tomatoes (Recipe 3)
- ☐ 1 pint cherry tomatoes (Recipe 5)
- ☐ 6 cups mixed greens (Recipe 5)
- ☐ 1/2 cup blueberries (Recipe 5)
- ☐ Fresh herbs: parsley, chives, cilantro
- ☐ 2 lemons (Recipe 5)
- ☐ 3 limes (Recipe 5)
- ☐ 4 cloves garlic

Pantry & Dairy (\$30-35)

- ☐ 16 hamburger buns (Recipes 1, 3)
- ☐ 1 lb elbow macaroni (Recipe 4)
- ☐ 6 cups sharp cheddar cheese, shredded (Recipes 4, 6)
- ☐ 8 slices American cheese (Recipe 3)
- ☐ 1/2 cup feta cheese (Recipe 5)
- ☐ 4 hard-boiled eggs (Recipe 2)
- ☐ 1/2 cup butter (Recipe 2)
- ☐ 3 cups whole milk (Recipes 4, 6)
- ☐ 1/2 cup mayonnaise (Recipes 1, 2)
- ☐ Yellow mustard (Recipes 1, 2)

- ☐ 1 cup BBQ sauce (Recipes 1, 4)

Pantry Staples (\$25-20)

- ☐ 2 (28 oz) cans baked beans (Recipe 3)
- ☐ 4 cups beef broth (Recipe 6)
- ☐ 4 strips bacon (Recipe 3)
- ☐ Flour, brown sugar, apple cider vinegar
- ☐ Olive oil, balsamic vinegar, honey
- ☐ Spices: paprika, garlic powder, onion powder, chili powder, oregano
- ☐ Ketchup, Worcestershire sauce
- ☐ Panko breadcrumbs (Recipe 4)
- ☐ 1/4 cup toasted almonds (Recipe 5)
- ☐ Pickles and lettuce for burgers