

## 6 DINNERS GROCERY LIST (Week of 4/7/25):

### Meat & Seafood

- ☐ 3 pork tenderloins (about 3 lbs total) - Recipes 1, 3, 5
- ☐ 1.5 lbs white fish fillets (cod, tilapia, or mahi-mahi) - Recipe 2

### Produce

- ☐ 2 large heads broccoli (about 1.5 lbs) - Recipe 1
- ☐ 1 lb baby potatoes - Recipe 1
- ☐ 1 head green cabbage - Recipe 2
- ☐ 1/2 head red cabbage - Recipe 5
- ☐ 2 cups snap peas (about 8 oz) - Recipe 3
- ☐ 4 carrots - Recipes 3, 5
- ☐ 1 daikon radish (optional) - Recipe 5
- ☐ 2 red bell peppers - Recipes 3, 6
- ☐ 1 cucumber - Recipe 5
- ☐ 1 lb mixed mushrooms (cremini, shiitake, oyster) - Recipe 4
- ☐ 1 bag (4-5 oz) fresh spinach - Recipe 4
- ☐ 1 shallot - Recipe 4
- ☐ 1 yellow onion - Recipe 6
- ☐ 1 bunch green onions - Recipe 3
- ☐ 1 jalapeño (optional) - Recipe 5
- ☐ 3 limes - Recipes 2, 3, 5
- ☐ 1 lemon - Recipe 1
- ☐ 1 avocado - Recipe 2
- ☐ 1 bunch fresh thyme - Recipes 1, 4
- ☐ 1 bunch fresh rosemary - Recipe 1
- ☐ 1 bunch fresh parsley - Recipes 4, 6
- ☐ 1 bunch fresh cilantro - Recipes 2, 5
- ☐ 1 bunch fresh mint - Recipe 5
- ☐ 1 piece fresh ginger (about 2 inches) - Recipes 3, 5
- ☐ 2 head garlic (at least 15 cloves needed) - All recipes

### Pantry

- ☐ Olive oil - All recipes

- ☐ Vegetable oil - Recipe 3
- ☐ 1 bottle (8 oz) sesame oil - Recipe 3
- ☐ 2 tablespoons apple cider vinegar - Recipe 1
- ☐ 1/4 cup rice vinegar - Recipes 3, 5
- ☐ 1/3 cup soy sauce - Recipes 3, 5
- ☐ 1 tablespoon fish sauce - Recipe 5
- ☐ 3 tablespoons honey - Recipes 2, 3, 5
- ☐ 1 small jar Dijon mustard - Recipe 1
- ☐ 1 packet taco seasoning - Recipe 2
- ☐ 1 cup panko breadcrumbs - Recipe 2
- ☐ 1/4 cup all-purpose flour - Recipe 2
- ☐ 1 teaspoon cumin - Recipes 2, 6
- ☐ 1 teaspoon paprika - Recipe 6
- ☐ 1 teaspoon chili powder - Recipe 6
- ☐ 1/4 teaspoon cayenne pepper (optional) - Recipe 6
- ☐ 1 teaspoon fennel seeds (optional) - Recipe 1
- ☐ 1 small jar za'atar (optional) - Recipe 6
- ☐ 1/4 teaspoon nutmeg - Recipe 4
- ☐ 1/2 teaspoon red pepper flakes - Recipes 3, 4, 6
- ☐ 2 tablespoons sesame seeds - Recipe 3
- ☐ Salt - All recipes
- ☐ Black pepper - All recipes
- ☐ Sriracha or chili garlic sauce (optional) - Recipes 3, 5

## Grains & Rice

- ☐ 4.5 cups white rice (3 cups for Recipes 2/3, 1.5 cups for Recipe 5) - Recipes 2, 3, 5
- ☐ 2 (16 oz) packages shelf-stable gnocchi - Recipe 4
- ☐ 8 corn tortillas - Recipe 2
- ☐ 4 whole wheat pita breads - Recipe 6

## Canned & Jarred Goods

- ☐ 2 (14.5 oz) cans diced tomatoes - Recipe 6
- ☐ 2 tablespoons tomato paste - Recipe 6
- ☐ 3 cups chicken broth (or 1 carton plus bouillon) - Recipes 2, 4

## Dairy & Refrigerated

- ☐ 12 eggs (8 for Recipe 6, 2 for Recipe 3, 2 for Recipe 2)
- ☐ 3 tablespoons butter - Recipes 2, 4
- ☐ 1 cup heavy cream - Recipe 4
- ☐ 1/2 cup grated Parmesan cheese - Recipe 4
- ☐ 1/2 cup crumbled feta cheese - Recipe 6
- ☐ 1/4 cup Mexican crema or sour cream - Recipe 2
- ☐ 1/4 cup mayonnaise (for sriracha mayo) - Recipe 5

## Suggested Order of Cooking

1. **Recipe 1: Herb and Garlic Crusted Pork Tenderloin (MAKE FIRST)**
  - Cook all 3 pork tenderloins, using one for this meal and reserving 2 plain ones for Recipes 3 and 5
2. **Recipe 2: Crispy Baked Fish Tacos with Cilantro-Lime Rice (MAKE SECOND)**
  - Make extra rice (3 cups total) to use half for this meal and reserve half for Recipe 3
3. **Recipe 3: Pork Fried Rice with Spring Vegetables**
  - Uses pre-cooked pork from Recipe 1 and leftover rice from Recipe 2
4. **Recipe 4: Creamy Mushroom and Spinach Gnocchi**
  - Stand-alone meal, good for a vegetarian option mid-week
5. **Recipe 5: Pork Banh Mi Bowls with Pickled Vegetables**
  - Uses the second pre-cooked pork tenderloin from Recipe 1
  - The pickled vegetables can be made 1-2 days in advance
6. **Recipe 6: Shakshuka with Feta and Herb Pita**
  - Good light dinner option