

6 DINNERS GROCERY LIST (Week of 7/21/25):

Proteins (~\$50)

- ☐ 1 lb ground beef (Recipe 1)
 - ☐ 1 lb medium raw shrimp (peeled & deveined) (Recipe 2)
 - ☐ 1 rotisserie chicken or 1.25 lb cooked shredded chicken (Recipe 5)
 - ☐ 1 can black beans (Recipe 2)
 - ☐ 1.5 cups dried lentils (Recipe 4)
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Produce (~\$35–40)

- ☐ 1 large cucumber (Recipe 1)
- ☐ 2 carrots (Recipe 4)
- ☐ 2 stalks celery (Recipe 4)
- ☐ 1 bunch green onions (Recipes 1, 2)
- ☐ 1 red onion (Multiple)
- ☐ 1 small mango (Recipe 2)
- ☐ 1 pint cherry tomatoes (Recipe 6)
- ☐ 4–6 portobello mushroom caps (Recipe 6)
- ☐ 1 lemon (Recipe 6)
- ☐ 1 lime (Recipe 2)
- ☐ 1 small bunch parsley (Recipe 6)

- ☐ 1 bulb garlic (Multiple)
 - ☐ 1-inch piece fresh ginger (Recipe 4)
 - ☐ 1 small bag baby arugula or spring mix (Recipe 6)
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Dairy (~\$15–18)

- ☐ 4 oz crumbled feta cheese (Recipe 6)
 - ☐ 4 oz shredded smoked gouda (or cheddar if preferred) (Recipe 5)
 - ☐ 1/4 cup Greek yogurt (Recipe 1)
 - ☐ 1/4 cup grated Parmesan (Recipe 3)
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Pantry & Dry Goods (~\$30–35)

- ☐ 1 (16 oz) package shelf-stable gnocchi (Recipe 3)
- ☐ 1 (10 oz) jar pesto (Recipe 3)
- ☐ 1 (14 oz) can crushed tomatoes (Recipe 4)
- ☐ 1 box couscous (Recipe 6)
- ☐ 4 flatbreads or naan (Recipe 5)
- ☐ 6 small tostada shells (or corn tortillas) (Recipe 2)
- ☐ 1/4 cup rice vinegar (Recipe 1)
- ☐ 2 tbsp soy sauce (Recipe 1)
- ☐ 1.5 cups jasmine or basmati rice (Recipe 1)

- ☐ Olive oil
 - ☐ 1 can coconut milk (Recipe 4)
 - ☐ 1 pack store-bought garlic naan (Recipe 4)
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Spices & Condiments (use pantry staples, or add if not on hand)

- ☐ Sesame oil (Recipe 1)
- ☐ Red pepper flakes
- ☐ Paprika
- ☐ Cumin
- ☐ Turmeric
- ☐ Coriander
- ☐ Cinnamon
- ☐ Chili powder
- ☐ Salt & pepper
- ☐ Honey or brown sugar