

## 6 DINNERS GROCERY LIST (W17):

### Proteins

- ☐ 12 bone-in, skin-on chicken thighs (3-4 lbs) - *Recipes 1, 3 & 5* - \$16
- ☐ 1.5 lbs salmon fillet - *Recipe 2* - \$22
- ☐ 2 lbs ground beef (80/20) - *Recipes 4 & 6* - \$16

### Vegetables & Produce

- ☐ 2 lbs baby potatoes - *Recipe 1* - \$3
- ☐ 2 lbs carrots - *Recipes 1 & 3* - \$3
- ☐ 8 oz mushrooms - *Recipe 6* - \$3
- ☐ 1 English cucumber - *Recipe 5* - \$2
- ☐ 1 pint cherry tomatoes - *Recipe 5* - \$3
- ☐ 3 large onions - *Recipes 3, 4, 5 & 6* - \$3
- ☐ 2 bell peppers - *Recipes 4 & 6* - \$3
- ☐ 2 celery stalks - *Recipe 3* - \$2
- ☐ 2 lemons - *Recipes 1 & 5* - \$1
- ☐ 2 green onions - *Recipe 2* - \$2

### Grains & Pasta

- ☐ 1.5 cups jasmine rice - *Recipe 2* - \$2
- ☐ 1.5 cups long-grain white rice - *Recipe 3* - \$2
- ☐ 1.5 cups orzo pasta - *Recipe 5* - \$3
- ☐ 12 oz egg noodles - *Recipe 6* - \$3

### Pantry Staples

- ☐ 1 (14 oz) can coconut milk - *Recipe 2* - \$2
- ☐ 3 cups chicken broth - *Recipe 3* - \$3
- ☐ 2 cups beef broth - *Recipe 6* - \$3
- ☐ 1 (28 oz) can crushed tomatoes - *Recipe 4* - \$2
- ☐ 2 (15 oz) cans kidney beans - *Recipe 4* - \$3
- ☐ 1 (15 oz) can black beans - *Recipe 4* - \$2
- ☐ Olive oil (if needed) - *Multiple recipes* - \$4
- ☐ Vegetable oil - *Recipes 2 & 6* - \$3

## Dairy & Cheese

- ☐ 8 oz feta cheese - *Recipe 5* - \$6
- ☐ 1 cup sour cream - *Recipe 6* - \$3
- ☐ 4 tablespoons butter - *Recipes 3 & 6* - \$1

## Condiments & Sauces

- ☐ Honey - *Recipe 2* - \$3
- ☐ Soy sauce - *Recipe 2* - \$3
- ☐ Rice vinegar - *Recipe 2* - \$3
- ☐ Red wine vinegar - *Recipe 5* - \$3
- ☐ Worcestershire sauce - *Recipe 6* - \$3
- ☐ Tomato paste - *Recipe 4* - \$2

## Herbs & Spices

- ☐ Bay leaf - *Recipe 3* - \$2
- ☐ Fresh rosemary - *Recipe 1* - \$2
- ☐ Fresh thyme - *Recipes 1 & 3* - \$2
- ☐ Fresh parsley - *Recipes 3 & 5* - \$2
- ☐ Fresh dill - *Recipe 6* - \$2
- ☐ Fresh ginger - *Recipe 2* - \$2
- ☐ Garlic (2 bulbs) - *All recipes* - \$2
- ☐ Chili powder - *Recipe 4* - \$2
- ☐ Cumin - *Recipe 4* - \$2
- ☐ Smoked paprika - *Recipe 4* - \$2
- ☐ Dried oregano - *Recipe 5* - \$2
- ☐ Sesame seeds - *Recipe 2* - \$3

## Specialty Items

- ☐ 1/2 cup kalamata olives - *Recipe 5* - \$4
- ☐ 1 box cornbread mix - *Recipe 4* - \$3
- ☐ All-purpose flour (small bag) - *Recipe 6* - \$2

## **Prep Strategy:**

- **Roast all 12 chicken thighs in Recipe 1, use extras throughout week**
- **Cook all ground beef in Recipe 4, reserve portion for Recipe 6**
- **Prep vegetables when making first recipes to save time later**
- **Make extra rice in Recipe 3 if desired for quick sides**