

## 6 DINNERS GROCERY LIST (Week 15):

### Proteins (\$45-50)

- ☐ \* 8 bone-in, skin-on chicken thighs (Recipes 1, 4)
- ☐ \* 1 lb boneless chicken thighs (Recipe 6)
- ☐ \* 6 Italian sausage links (Recipes 3, 6)
- ☐ \* 1.5 lbs ground beef 80/20 (Recipe 5)
- ☐ \* 1.5 lbs white fish fillets (Recipe 2)

### Vegetables (\$35-40)

- ☐ \* 3 zucchini (Recipes 1, 3, 6)
- ☐ \* 4 red bell peppers (Recipes 1, 3, 6)
- ☐ \* 3 red onions (Recipes 1, 3, 4, 5)
- ☐ \* 2 large sweet potatoes (Recipe 5)
- ☐ \* 4 cups shredded cabbage mix (Recipe 2)
- ☐ \* 1 carrot (Recipe 2)
- ☐ \* 8 cups mixed salad greens (Recipe 4)
- ☐ \* 4 cups mixed greens (Recipe 5)
- ☐ \* 1 cucumber (Recipe 4)
- ☐ \* 1 pint cherry tomatoes (Recipe 4)
- ☐ \* 2 large tomatoes (Recipe 5)
- ☐ \* 2 limes (Recipe 2)
- ☐ \* 1 lemon (Recipe 6)

### Pantry/Dairy (\$25-30)

- ☐ \* Olive oil (all recipes)
- ☐ \* 12 oz penne pasta (Recipe 3)
- ☐ \* 1.5 cups white rice (Recipe 6)
- ☐ \* 3 cups chicken broth (Recipe 6)
- ☐ \* 8 corn tortillas (Recipe 2)
- ☐ \* 2 tablespoons butter (Recipe 6)
- ☐ \* Grated Parmesan cheese (Recipe 3)
- ☐ \* Feta cheese (Recipe 4)
- ☐ \* 4 slices cheese (Recipe 5)
- ☐ Fresh Herbs/Produce (\$15-20)
- ☐ \* Fresh cilantro (Recipes 2, 5)

- ☐ \* Fresh basil (Recipe 3)
- ☐ \* 2 avocados (Recipes 2, 5)
- ☐ \* Garlic (multiple recipes)

## **Pantry Staples (\$20-25)**

- ☐ \* Honey (Recipes 1, 2, 4)
- ☐ \* Soy sauce (Recipe 1)
- ☐ \* Apple cider vinegar (Recipe 1)
- ☐ \* Balsamic vinegar (Recipe 4)
- ☐ \* White wine (Recipe 3)
- ☐ \* Canned diced tomatoes (Recipe 3)
- ☐ \* Mayonnaise (Recipes 2, 5)
- ☐ \* Dijon mustard (Recipes 4, 5)
- ☐ \* Ketchup (Recipe 5)
- ☐ \* Slivered almonds (Recipe 6)
- ☐ \* Pine nuts or walnuts (Recipe 4)
- ☐ \* Garlic powder (Recipes 5, 6)
- ☐ \* Red pepper flakes (Recipe 3)
- ☐ \* Various spices and seasonings

**Estimated Total Cost: \$140-165**

Prices may vary by location and store. Consider buying family packs of meat and freezing portions, shopping sales, and using store brands to keep costs down.

### **Prep Tips:**

- \* Grill proteins in batches when weather permits
- \* Prep vegetables ahead of time
- \* Cook rice pilaf while grilling skewers
- \* Make vinaigrette ahead and store in refrigerator
- \* Marinate chicken for skewers while preparing other components