

6 DINNERS GROCERY LIST (Week of 3/3/25):

Proteins

- ☐ 4 (6 oz) cod fillets (or other white fish like tilapia or haddock) (*Recipe 1: Herb-Crusted Cod*)
- ☐ 8 chicken thighs (about 2 lbs) (*Recipe 2: Honey-Garlic Chicken and Recipe 5: One-Pot Chicken*)
- ☐ 1 lb boneless, skinless chicken breasts (*Recipe 4: Southwest Chicken Salad*)

Produce

- ☐ 1.5 lbs baby potatoes (*Recipe 1: Herb-Crusted Cod*)
- ☐ 1 lb green beans (*Recipe 1: Herb-Crusted Cod*)
- ☐ 3 large sweet potatoes (*Recipe 2: Honey-Garlic Chicken and Recipe 6: Stuffed Shells*)
- ☐ 1 lb Brussels sprouts (*Recipe 2: Honey-Garlic Chicken*)
- ☐ 2 zucchini (*Recipe 3: Mediterranean Orzo*)
- ☐ 2 red bell peppers (*Recipe 3: Mediterranean Orzo and Recipe 4: Southwest Chicken Salad*)
- ☐ 2 red onions (*Recipe 3: Mediterranean Orzo, Recipe 4: Southwest Chicken Salad, and Recipe 6: Stuffed Shells*)
- ☐ 1 yellow onion (*Recipe 5: One-Pot Chicken*)
- ☐ 1 pint cherry tomatoes (*Recipe 3: Mediterranean Orzo*)
- ☐ 2 romaine hearts (*Recipe 4: Southwest Chicken Salad*)
- ☐ 1 avocado (*Recipe 4: Southwest Chicken Salad*)
- ☐ 8 oz mushrooms (*Recipe 6: Stuffed Shells*)
- ☐ 10 oz frozen spinach (*Recipe 6: Stuffed Shells*)
- ☐ 2 carrots (*Recipe 5: One-Pot Chicken*)
- ☐ 2 celery stalks (*Recipe 5: One-Pot Chicken*)
- ☐ 3 lemons (*Recipe 1: Herb-Crusted Cod, Recipe 3: Mediterranean Orzo, and Recipe 5: One-Pot Chicken*)
- ☐ 3 limes (*Recipe 4: Southwest Chicken Salad*)
- ☐ Fresh herbs:
 - ☐ Fresh dill (optional, can use dried) (*Recipe 1: Herb-Crusted Cod*)
 - ☐ Fresh basil (*Recipe 3: Mediterranean Orzo and Recipe 6: Stuffed Shells*)
 - ☐ Fresh parsley (*Recipe 5: One-Pot Chicken*)
 - ☐ Fresh cilantro (*Recipe 4: Southwest Chicken Salad*)
- ☐ 2 heads garlic (*All recipes*)

Pantry Items

- ☐ Olive oil
- ☐ Honey (*Recipe 1: Herb-Crusted Cod and Recipe 2: Honey-Garlic Chicken*)
- ☐ Dijon mustard (*Recipe 1: Herb-Crusted Cod*)
- ☐ Soy sauce (*Recipe 2: Honey-Garlic Chicken*)
- ☐ 1 lb orzo pasta (*Recipe 3: Mediterranean Orzo*)
- ☐ 1.5 cups white rice (*Recipe 5: One-Pot Chicken*)
- ☐ 1 can (15 oz) black beans (*Recipe 4: Southwest Chicken Salad*)
- ☐ 1 cup frozen corn (*Recipe 4: Southwest Chicken Salad*)
- ☐ 20 jumbo pasta shells (*Recipe 6: Stuffed Shells*)
- ☐ 2 cups marinara sauce (*Recipe 6: Stuffed Shells*)
- ☐ Panko breadcrumbs (*Recipe 1: Herb-Crusted Cod*)
- ☐ Optional: tortilla strips (*Recipe 4: Southwest Chicken Salad*)
- ☐ Optional: kalamata olives (*Recipe 3: Mediterranean Orzo*)
- ☐ Optional: red pepper flakes (*Recipe 6: Stuffed Shells*)
- ☐ Chicken broth (3 cups) (*Recipe 5: One-Pot Chicken*)
- ☐ Parchment paper

Dairy

- ☐ 1/2 cup feta cheese (*Recipe 3: Mediterranean Orzo*)
- ☐ 2 cups ricotta cheese (*Recipe 6: Stuffed Shells*)
- ☐ 1/2 cup grated Parmesan cheese (*Recipe 6: Stuffed Shells*)
- ☐ 1 cup shredded mozzarella cheese (*Recipe 6: Stuffed Shells*)
- ☐ 1 egg (*Recipe 6: Stuffed Shells*)

Spices and Seasonings

- ☐ Salt
- ☐ Black pepper
- ☐ Dried thyme (*Recipe 2: Honey-Garlic Chicken and Recipe 5: One-Pot Chicken*)
- ☐ Dried oregano (*Recipe 3: Mediterranean Orzo*)
- ☐ Cumin (*Recipe 4: Southwest Chicken Salad*)
- ☐ Chili powder (*Recipe 4: Southwest Chicken Salad*)
- ☐ Garlic powder (*Recipe 4: Southwest Chicken Salad*)
- ☐ Bay leaf (*Recipe 5: One-Pot Chicken*)