

6 DINNERS GROCERY LIST (Week 1):

Proteins

- ☐ 2 lbs boneless pork chops (about 8 chops) - *Recipes 1 & 4* - \$12
- ☐ 3 lbs cod fillets - *Recipes 3 & 5* - \$36
- ☐ 1.5 lbs large shrimp - *Recipe 6* - \$18

Secondary Proteins

- ☐ 1.5 lbs Italian turkey sausage - *Recipe 2* - \$8
- ☐ 1/2 lb andouille sausage - *Recipe 6* - \$6

Vegetables & Produce

- ☐ 1.5 lbs Brussels sprouts - *Recipe 1* - \$4
- ☐ 3 large sweet potatoes - *Recipe 1* - \$4
- ☐ 1 bunch kale - *Recipe 2* - \$3
- ☐ 1 large leek - *Recipe 2* - \$3
- ☐ 1 zucchini - *Recipe 3* - \$2
- ☐ 1 yellow squash - *Recipe 3* - \$2
- ☐ 2 heads butter lettuce - *Recipe 4* - \$4
- ☐ 1 red cabbage - *Recipe 4* - \$3
- ☐ 3 carrots - *Recipe 4* - \$2
- ☐ 2 cucumbers - *Recipe 4* - \$3
- ☐ 2 large onions - *Recipes 5 & 6* - \$2
- ☐ 1 green bell pepper - *Recipe 6* - \$2
- ☐ 2 celery stalks - *Recipe 6* - \$2
- ☐ 1 lemon - *Recipe 3* - \$1
- ☐ 1 lime - *Recipe 4* - \$1
- ☐ 2 green onions - *Recipe 6* - \$2

Grains & Dairy Base

- ☐ 1.5 cups quinoa - *Recipe 3* - \$4
- ☐ 1.5 cups orzo pasta - *Recipe 4* - \$3
- ☐ 1 cup stone-ground grits - *Recipe 6* - \$3
- ☐ 4 cups whole milk - *Recipe 6* - \$4

- ☐ 1/2 cup heavy cream - *Recipe 2* - \$3

Pantry Staples & Broths

- ☐ 4 cups chicken stock - *Recipe 2* - \$4
- ☐ 3 cups vegetable broth - *Recipe 3* - \$3
- ☐ 1 cup chicken stock - *Recipe 6* - \$2
- ☐ 3 (15 oz) cans cannellini beans - *Recipes 2 & 5* - \$4
- ☐ 1 (14 oz) can diced tomatoes - *Recipe 5* - \$2
- ☐ Olive oil (if needed) - *Multiple recipes* - \$4
- ☐ Vegetable oil - *Recipe 4* - \$3

Cheese & Dairy

- ☐ 1 cup sharp cheddar cheese - *Recipe 6* - \$4
- ☐ 4 oz goat cheese - *Recipe 5* - \$5
- ☐ 4 oz feta cheese - *Recipe 4* - \$4
- ☐ 4 tablespoons butter - *Recipes 3 & 6* - \$2

Condiments & Specialty Items

- ☐ 2 tablespoons Dijon mustard - *Recipe 1* - \$3
- ☐ 2 tablespoons maple syrup - *Recipe 1* - \$4
- ☐ 1/3 cup creamy peanut butter - *Recipe 4* - \$4
- ☐ 3 tablespoons soy sauce - *Recipe 4* - \$3
- ☐ 2 tablespoons rice vinegar - *Recipe 4* - \$3
- ☐ 1 teaspoon sesame oil - *Recipe 4* - \$3
- ☐ 2 tablespoons balsamic vinegar - *Recipe 5* - \$3
- ☐ 1/2 cup kalamata olives - *Recipe 5* - \$4
- ☐ 1/4 cup sun-dried tomatoes - *Recipe 2* - \$3
- ☐ 1 tablespoon capers - *Recipe 3* - \$3
- ☐ 2 tablespoons Creole seasoning - *Recipe 6* - \$3

Fresh Herbs & Aromatics

- ☐ Fresh rosemary - *Recipe 1* - \$2
- ☐ Fresh mint - *Recipe 4* - \$2
- ☐ Fresh parsley - *Recipe 3* - \$2
- ☐ Fresh chives - *Recipe 3* - \$2

- ☐ Fresh basil - *Recipe 5* - \$2
- ☐ Fresh ginger - *Recipe 4* - \$2
- ☐ Garlic (3 bulbs) - *All recipes* - \$3

Spices & Seasonings

- ☐ Fennel seeds - *Recipe 1* - \$2
- ☐ Dried rosemary - *Recipe 2* - \$2
- ☐ Red pepper flakes - *Recipes 2 & 4* - \$2
- ☐ Dried oregano - *Recipe 5* - \$2
- ☐ All-purpose flour - *Recipe 6* - \$2

Bakery

- ☐ Crusty bread - *Recipe 2* - \$3
- ☐ Hot sauce (if needed) - *Recipe 6* - \$3