

6 DINNERS GROCERY LIST (Week of 2/24/25):

Protein

- ☐ 4 (6 oz) salmon fillets (Recipe 1)
- ☐ 6 chicken breasts (Recipes 2, 5)
- ☐ 4 Italian sausage links (Recipe 3)
- ☐ 2 (15 oz) cans black beans (Recipe 6)

Produce

- ☐ 4 zucchini (Recipes 1, 2)
- ☐ 3 lemons (Recipes 1, 2)
- ☐ 5 red onions (all recipes except 5)
- ☐ 2 cups cherry tomatoes (Recipe 2)
- ☐ 4 bell peppers (Recipes 5, 6)
- ☐ 3 carrots (Recipe 5)
- ☐ 5 large sweet potatoes (Recipes 3, 6)
- ☐ 3 large heads broccoli (Recipes 1, 5)
- ☐ 1 avocado (Recipe 6)
- ☐ 2 limes (Recipe 6)
- ☐ Fresh basil bunch (Recipes 2, 3)
- ☐ Fresh thyme bunch (Recipe 4)
- ☐ 1-inch piece ginger (Recipe 5)
- ☐ 6 cups mixed salad greens (Recipe 4)
- ☐ 1 package pre cubed butternut squash* (Recipe 4)
- ☐ 2 ripe but firm pears (Recipe 4)

**We highly recommend buying the pre-cubed squash as it's much easier and quicker. However, if you have to you can get 1 medium squash and cut it yourself*

Pantry & Condiments

- ☐ Olive oil (ALL)
- ☐ Sesame oil (Recipe 5)
- ☐ Dried oregano (Recipe 2)
- ☐ Italian seasoning (Recipe 3)
- ☐ Soy sauce (Recipes 1, 5)
- ☐ Rice vinegar (Recipe 5)

- ☐ Honey (Recipes 1, 5)
- ☐ Apple cider vinegar (Recipe 4)
- ☐ Maple syrup (Recipe 4)
- ☐ Dijon mustard (Recipe 4)
- ☐ Cumin (Recipe 6)
- ☐ Chili powder (Recipe 6)
- ☐ Salt and pepper
- ☐ Sesame seeds (Recipe 5)
- ☐ ½ cup Pecans (Recipe 4)

Grains & Pasta

- ☐ 12-16 oz rice noodles (Recipe 5)
- ☐ **Optional** 2-4 cups white rice (Recipes 1, 2)
- ☐ 8 corn (or flour) tortillas (Recipe 6)

Dairy

- ☐ 1 cup (8oz) feta cheese (Recipes 4, 6)