

6 DINNERS GROCERY LIST (Week 13):

Protein

- 4 lbs boneless, skinless chicken breast (~\$20)
 - Recipe 2: 1.5 lbs
 - Recipe 5: 1 lb
 - Recipe 6: 1.5 lbs
- 4 (6 oz) cod fillets (~\$20)
 - Recipe 1: All
- 1 lb ground beef, 85% lean (~\$6)
 - Recipe 3: All

Produce

- 2 heads broccoli (~\$5)
 - Recipe 2: All (some reserved for Recipe 6)
 - Recipe 6: Leftover from Recipe 2
- 3 medium carrots (~\$2)
 - Recipe 1: 2
 - Recipe 3: 1
- 1 red bell peppers (~\$1)
 - Recipe 1: 1
- 4 large bell peppers, any color (~\$6)
 - Recipe 4: All
- 1 zucchini (~\$1.50)
 - Recipe 1: All
- 1 red onion (~\$1)
 - Recipe 2: All (half reserved for Recipe 5)
 - Recipe 5: Half, leftover from Recipe 2
- 1 medium yellow onion (~\$1)
 - Recipe 4: All
- 1 head butter lettuce (~\$3)
 - Recipe 3: All
- 1 pint cherry tomatoes (~\$4)
 - Recipe 5: All
- 1 cucumber (~\$1.50)
 - Recipe 3: Half

- 1 small piece fresh ginger (~\$1)
 - Recipe 3: All
- 1 bunch green onions (~\$1)
 - Recipe 3: 2
- 2 head garlic (~\$2)
 - Recipe 1: 2 cloves
 - Recipe 2: 4 cloves
 - Recipe 3: 2 cloves
 - Recipe 4: 2 cloves
 - Recipe 5: 3 cloves
- 2 lemons (~\$1)
 - Recipe 1: 1 for juice
 - Recipe 5: 1
- 1 bunch fresh parsley (~\$2)
 - Recipe 5: All
- 2.5 lbs potatoes (~\$3.50)
 - Recipe 6: All
- 2 large sweet potatoes (~\$3)
 - Recipe 2: All

Pantry Items

- Olive oil (~\$8 if you need to buy)
 - All recipes
- Honey (~\$4)
 - Recipe 2: 4 tbsp
 - Recipe 3: 1 tbsp
- Soy sauce (~\$3)
 - Recipe 2: 2 tbsp
 - Recipe 3: 2 tbsp
- Rice vinegar (~\$3)
 - Recipe 3: 1 tbsp
- 2 cups white rice (~\$2)
 - Recipe 1: 1 cup
 - Recipe 4: 1 cup
- 8 oz rice noodles (~\$2.50)
 - Recipe 3: All
- 12 oz pasta (~\$2.50)
 - Recipe 5: All

- BBQ sauce (~\$3)**
 - Recipe 6: 2/3 cup**
- 1 can (15 oz) black beans (~\$1)**
 - Recipe 4: All**
- 1 can (14.5 oz) diced tomatoes (~\$1.50)**
 - Recipe 4: All**
- Dried herbs/spices (~\$10 if buying several)**
 - Italian seasoning (Recipe 1)**
 - Cumin (Recipe 4)**
 - Garlic powder (Recipe 6)**
 - Paprika (Recipe 6)**
 - Dried oregano (Recipe 5)**
- Salt and pepper (~\$2 if needed)**
 - All recipes**

Dairy/Refrigerated

- 1 cup shredded cheddar cheese (~\$3)**
 - Recipe 4: All**
- 2/3 cup feta cheese (~\$4)**
 - Recipe 5: All**

Optional

- 1/4 cup chopped peanuts (~\$2)**
 - Recipe 3**