

## 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