

6 DINNERS GROCERY LIST (Week 16):

Protein

- 8 bone-in, skin-on chicken thighs (Recipes 1 & 3) - ~\$8
- 2 lbs medium shrimp, peeled and deveined (Recipes 2 & 5) - ~\$15
- 1.5 lbs ground beef, 80/20 (Recipe 4) - ~\$8

Protein Subtotal: ~\$30

Produce

- 4 ears fresh corn (Recipe 1) - ~\$3
- 2 medium zucchini (Recipe 1) - ~\$2
- 3 red onions (Recipes 1, 3, 6) - ~\$3
- 1 lb green beans (Recipe 2) - ~\$3
- 1 cucumber (Recipe 3) - ~\$1
- 1 pint cherry tomatoes (Recipe 3) - ~\$3
- 8 oz mushrooms (Recipe 4) - ~\$2
- 1 large onion (Recipe 4) - ~\$1
- 2 red bell peppers (Recipes 5, 6) - ~\$3
- 2 large sweet potatoes (Recipe 6) - ~\$3
- 2 cups shredded cabbage (Recipe 5) - ~\$2
- 9 cloves garlic (multiple recipes) - ~\$1
- 2 lemons + 3 limes (Recipes 2, 5) - ~\$2
- 2 avocados (Recipes 5, 6) - ~\$2
- Fresh herbs: parsley, basil, cilantro - ~\$4

Produce Subtotal: ~\$35

Pantry/Dairy/Other

- 3 cups white rice (Recipes 2, 5) - ~\$2
- 6 cups chicken broth (Recipe 2) - ~\$3
- 4 (15 oz) cans: 2 cannellini beans, 2 black beans (Recipes 3, 6) - ~\$4
- 4 oz feta cheese (Recipe 3) - ~\$3
- 12 oz egg noodles (Recipe 4) - ~\$2
- 2 cups beef broth (Recipe 4) - ~\$2
- 1 cup sour cream (Recipe 4) - ~\$2
- 8 corn tortillas (Recipe 5) - ~\$2

- 8 flour tortillas (Recipe 6) - ~\$3
- 2 (10 oz) cans enchilada sauce (Recipe 6) - ~\$3
- 2 cups Mexican blend cheese (Recipe 6) - ~\$4
- 1/4 cup Mexican crema (Recipe 5) - ~\$2
- 1/3 cup BBQ sauce (Recipe 1) - ~\$2
- Olive oil (multiple recipes) - ~\$4
- Vegetable oil (Recipe 4) - ~\$2
- Butter (Recipe 2) - ~\$3
- Spices: brown sugar, paprika, garlic powder, Cajun seasoning, cumin, chili powder, garlic powder, onion powder, oregano, smoked paprika - ~\$8
- Kalamata olives (Recipe 3) - ~\$3
- Red wine vinegar (Recipe 3) - ~\$2
- Dijon mustard (Recipe 3) - ~\$2
- Worcestershire sauce (Recipe 4) - ~\$3
- Honey (Recipe 5) - ~\$2

Pantry/Dairy Subtotal: ~\$71