

6 Dinners: Shopping List (Week of 2/10/25)

Proteins:

- ☐ 4.5 lbs chicken breast (2 lbs Mediterranean Sheet Pan/1lb salad/ 1.5lbs Stir-Fry)
- ☐ 3 lbs large shrimp (2lb Sheet Pan & 1lb Pasta)
- ☐ 2 lbs pork tenderloin (Sheet Pan)

Produce:

- ☐ 5 zucchini (3 Mediterranean Sheet Pan & 2 Stir-Fry)
- ☐ 4 red bell peppers (2 Mediterranean Sheet Pan & 2 Stir-Fry)
- ☐ 3 red onions (2 Mediterranean Sheet Pan & 1 Greek Salad)
- ☐ 2 lbs asparagus (Sheet Pan Shrimp)
- ☐ 1 lb green beans (Pork Sheet Pan)
- ☐ 1.5 lbs baby potatoes (Pork Sheet Pan)
- ☐ 2 heads romaine lettuce (Greek Salad)
- ☐ 2 cucumbers (Greek Salad)
- ☐ 1 pint cherry tomatoes (Greek Salad)
- ☐ 1 lb sugar snap peas (Stir-Fry)
- ☐ Fresh parsley (1 bunch - ½ Shrimp Pasta, ½ Mediterranean Chicken)
- ☐ Fresh thyme (1 bunch - Pork)
- ☐ Fresh sage (1 bunch - Pork)
- ☐ Fresh ginger (2-inch piece - Stir-Fry)
- ☐ 2-3 heads garlic (All recipes)
- ☐ 4 lemons (Multiple recipes, need zest and juice)

Pantry:

- ☐ 1 lb orzo (Mediterranean Chicken & Shrimp Sheet Pan)
- ☐ 1 lb linguine (Shrimp Pasta)
- ☐ 2 cups white or brown rice (Stir-Fry)
- ☐ 2 cups chicken broth (Orzo)
- ☐ ¾ cup panko breadcrumbs (Pork)
- ☐ Balsamic vinegar (Pork)
- ☐ Whole grain mustard (Pork)
- ☐ Cornstarch (2 tbsp - Stir-Fry)
- ☐ Olive oil
- ☐ Vegetable oil

- ☐ Sesame oil
- ☐ Soy sauce
- ☐ Rice vinegar
- ☐ Red wine vinegar
- ☐ Honey
- ☐ Dijon mustard
- ☐ Dried oregano
- ☐ Garlic powder
- ☐ Red pepper flakes
- ☐ Salt
- ☐ Black pepper
- ☐ Sesame seeds

Dairy/Refrigerated:

- ☐ 8 oz feta cheese (Greek Salad)
- ☐ 1 stick butter (1/2 stick - Orzo & Shrimp Pasta)
- ☐ 1/3 cup grated parmesan cheese (Pork)

Other:

- ☐ 1 cup kalamata olives (Greek Salad)
- ☐ 1/2 cup white wine (Shrimp Pasta)