

{ Grocery List }

dinner guide #6

produce

- 3 large onions
- 3 bell peppers
- 4 medium sweet potatoes
- 1 tbsp garlic
- 2 tbsp fresh thyme
- 8 oz crimini mushrooms
- 2 cups spinach
- 1 bunch fresh cilantro

pantry

- 1 cup quinoa
- extra virgin olive oil
- salt + pepper
- 4 cups low-sodium chicken broth
- 1-28 oz can tomatillos
- 1-4 oz can diced green chiles
- 2 - 15 oz cans great northern beans

dairy

spices

- 2 tbsp cumin
- 1 tsp oregano
- 1 bay leaf

meat

- 8 fully cooked chicken sausage links
- 6 boneless, skinless chicken thighs
- 2# ground turkey

frozen

notes + other items:

add "breakfast for dinner" ingredients for what you decide to cook
