

Grocery List:

Produce:

- Potatoes (8–10 medium)
- Cherry or grape tomatoes
- Garlic (1 bulb or pre-minced)
- Yellow onions (2–3)
- Green onions
- Bell pepper (1–2, any color)
- Fresh basil or 1 small container of pesto
- Salad greens (optional for sides)
- Optional: lemon (1–2 for herb chicken & zesting)

Meat & Protein:

- Chicken thighs (bone-in or boneless skin-on preferred, ~6–8 thighs)
- Bacon (2 packs to cover multiple meals)
- Rotisserie chicken or shredded chicken (or cook extra from roasted chicken)
- Andouille sausage (for reserves)
- Eggs (6–12 depending on household)

Dairy:

- Butter (unsalted or salted)
- Shredded cheese (cheddar for baked potatoes, mozzarella or Italian blend for flatbreads)
- Parmesan cheese (for pasta)
- Milk or cream (optional for mashed potatoes or creamy pasta, can skip)
- Sour cream or Greek yogurt (optional baked potato topping)

Pantry:

- Olive oil
- BBQ sauce
- Your favorite pasta (penne, rotini, etc.)
- Soy sauce (for fried rice)
- Rice (for fried rice)

- Flatbreads or naan (2 packs or 4 pieces)
- Chicken broth or bouillon
- Italian seasoning, paprika, dried thyme
- Salt & pepper
- Red pepper flakes (optional)

Frozen (optional or backup):

- Mixed stir-fry vegetables (for fried rice)
- Extra shredded chicken if you don't use rotisserie

Misc. / Household:

- Aluminum foil (for baking bacon-wrapped chicken)
- Parchment paper or baking mats
- Paper towels or wet wipes (resin project cleanup!)
- Extra Tupperware or bags for reserves