

Grocery List: Weeks 9–10 Reserve-Based Meal Plan

Protein

- 3–4 lbs chicken breasts (for stir fry, flatbreads, pasta, crockpot meal)
- 4 chicken thighs or more breasts (for ranch bake)
- 1 package bacon
- 1 package kielbasa or andouille sausage
- Shredded cooked chicken (rotisserie or leftover for flatbreads – about 1.5 cups)

Produce

- 4–5 small potatoes
- 1 red bell pepper
- 1 yellow bell pepper
- 1 zucchini (optional)
- 1 red onion
- 1–2 tomatoes (for flatbreads)
- Garlic (or jarred minced garlic)
- Optional: green onions, additional veggies for stir fry
- Fresh or frozen stir fry vegetable mix

Pantry

- Olive oil
- Soy sauce
- BBQ sauce
- Pesto (jarred or homemade)
- Pasta (penne or rotini)
- Rice (for stir fry and serving with crockpot meal)
- Flatbreads or naan (2)
- Bread (for sandwiches)
- Hot dog or hoagie buns (for kielbasa)
- Canned diced tomatoes with basil, garlic & oregano (1 can)

- Chicken broth (optional for crockpot recipe)

Seasonings & Spices

- Garlic powder
- Onion powder
- Smoked paprika
- Italian seasoning
- Ranch seasoning (NOT ranch dressing)
- Salt & pepper

Refrigerated / Dairy

- Butter (for crockpot garlic butter chicken)
- Shredded mozzarella cheese
- Parmesan cheese
- Eggs