

Grocery List

Protein

- 4–5 lbs chicken breasts
- 2.5–3 lbs ground beef

Pantry

- 1 jar BBQ sauce
- 1 jar pesto
- 1 jar garlic (or fresh cloves)
- 1 jar pasta sauce
- 1–2 cans tomato sauce
- 1 box spaghetti
- 1 box instant mashed potatoes or fresh potatoes
- 1 bag rice
- 2 packets taco seasoning
- Hamburger buns
- Tortillas or flatbreads
- Chips or frozen fries
- Salsa (optional)

Refrigerated

- 1 bag shredded cheddar blend
- 1 bag mozzarella or Italian blend
- Butter or margarine
- Milk (optional)

Produce (Fresh or Frozen)

- 1–2 onions
- 1–2 bell peppers (optional)
- Salad mix or lettuce
- Frozen corn or veg of choice

- Fresh tomato/cucumber (optional sides)

Seasonings (check your stash)

- Salt & pepper
- Garlic & onion powder
- Italian seasoning
- Paprika
- Cumin, chili powder (for taco night)
- Crushed red pepper (optional heat)