

- **Shopping List (Print & Take to the Store)**

- **Proteins:**

- ☐ Chuck roast (3-4 lbs)
- ☐ Chicken thighs (4 lbs total)
- ☐ Chicken breast (1.5 lbs)
- ☐ Kielbasa (1-2 rings)
- ☐ Optional: Ground beef (1/2 lb)

- **Pantry:**

- ☐ Beef broth
- ☐ Chicken broth
- ☐ Honey
- ☐ Soy sauce
- ☐ Rice
- ☐ Potatoes
- ☐ Pasta noodles
- ☐ Jarred pasta sauce
- ☐ Cream of chicken soup
- ☐ Italian dressing seasoning packet
- ☐ Hoagie rolls
- ☐ BBQ sauce (reserve day meal)

- **Frozen/Fridge:**

- ☐ Stir-fry veggies
- ☐ Green beans
- ☐ Shredded mozzarella

- **Other:**

- ☐ Giardiniera or pepperoncini
- ☐ Garlic
- ☐ Onion
- ☐ Salt, pepper, onion powder, garlic powder, Italian seasoning, paprika

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- **Reserve Meals (For Your Sanity)**

- BBQ Chicken Sandwiches (with reserve buns)
- Chicken Fried Rice
- Leftovers (Italian Beef, Kielbasa, Pasta)
- Frozen pizza

- Pantry pasta
- Freezer burritos
- Breakfast-for-dinner