

Proteins

- Chicken breasts – 6–8 breasts
 - Ground beef – 1 lb (for pasta with meat sauce)
 - Smoked sausage – 1 lb (for sausage & potato skillet)
 - Meatballs – 1–2 lbs (for crockpot grape jelly BBQ meatballs)
 - Eggs – 1 dozen (for breakfasts / reserves)
 - Sausage links – 1 package (for breakfasts / reserves)
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Grains / Carbs

- White or brown rice – 2–3 cups dry (for one-pot chicken & rice)
 - Pasta (spaghetti or noodles) – 1 lb
 - Bread (for toast, grilled cheese, etc.) – 1–2 loaves
 - Tortillas – 1 package
 - Buns – 4–6 (for BBQ pulled chicken)
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Vegetables

- Onion – 3–4 medium
 - Bell peppers – 2–3
 - Frozen mixed stir-fry veggies – 1 bag
 - Frozen mixed veggies – 1 bag (for one-pot chicken & rice)
 - Cucumber – 1–2 (for Greek chicken pitas)
 - Tomatoes – 2–3 medium
 - Lettuce or bagged coleslaw mix – 1 bag
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Fruits

- Optional for sides / toppings – berries, apples, or whatever you like
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Dairy / Cheese

- Butter – 1 stick (for buttered noodles / pasta / other recipes)
 - Shredded cheese – optional, for pasta or tacos
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Canned / Jarred / Bottled

- Salsa (red) – 1 jar
 - Salsa verde – 1 jar (for crockpot tacos)
 - BBQ sauce – 1 bottle
 - Grape jelly – 1 small jar
 - Teriyaki sauce – 1 bottle
 - Tzatziki – 1 small container (optional, for Greek chicken pitas)
 - Chicken broth – 2 cups (for one-pot chicken & rice)
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Pantry / Spices

- Olive oil – as needed
 - Garlic – 2–3 cloves
 - Paprika – 1 tsp
 - Dried thyme – optional, ½ tsp
 - Taco seasoning – 1 packet
 - Salt & pepper – to taste
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Extras / Optional

- Parsley – optional, garnish for skillet
- Snack staples / reserve items: cereal, bread, peanut butter, eggs, etc.