

Grocery List (Print or Screenshot)

Proteins

- Chicken thighs or breasts (approx. 3–4 lbs)
- Ground beef or sausage (1 lb)
- Pre-cooked sausage or kielbasa (1–2 links)

Grains/Starch

- Pasta (2 boxes)
- Rice (white or brown, instant or regular)
- Potatoes (2–3 lbs)

Veggies

- Bell peppers (3–4)
- Onions (2–3)
- Garlic (or garlic powder)
- Green beans (fresh or frozen)
- Tomatoes or canned tomato sauce (2–3 cups)

Pantry Staples

- Olive oil
- Chicken broth (2–4 cups or bouillon)
- Salt, pepper, Italian seasoning, garlic powder
- Salsa (optional, for crockpot meal)