

Revised Grocery List (2 Weeks, Reserve-Based, Simple Reserves)

Proteins

- 6–7 lbs boneless chicken thighs or breasts (for cooked meals)
 - 2 lbs kielbasa (sliced or whole links)
 - 2 lbs ground beef (lean)
 - Frozen chicken strips or nuggets (reserve meals)
 - Pre-cooked sausages or kielbasa slices (reserve meals)
 - Shredded cheese (for quesadillas, mac & cheese, taco bowls)
 - Eggs (for quick meals or snack plate options)
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Produce

- Bell peppers (6–8, mixed colors)
 - Yellow onions (4–5)
 - Zucchini (3–4)
 - Baby potatoes (2 lbs)
 - Garlic (2 bulbs)
 - Broccoli (2–3 heads or bagged florets)
 - Salad mix or lettuce (2 bags)
 - Tomatoes (2–3 for taco bowls)
 - Avocado (optional)
 - Fruit for snack plates (grapes, apple slices, berries)
 - Raw veggies for snack plates (carrot sticks, cucumber, celery)
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Pantry & Dry Goods

- Jasmine rice (2–3 lbs)
- Instant or microwaveable rice packets (reserve meals)
- Egg noodles or pasta of choice (2 packages)

- Mac & cheese boxes (reserve meals)
 - Taco seasoning packet (2)
 - Olive oil
 - Soy sauce
 - Balsamic vinegar
 - Worcestershire sauce
 - Ketchup (for Sloppy Joes)
 - Tomato sauce (for pasta or Sloppy Joes)
 - Garlic powder
 - Onion powder
 - Smoked paprika
 - Italian seasoning
 - Salt & pepper
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Frozen Items

- Frozen stir-fry veggie mix
 - Frozen pizza
 - Fries (for chicken nugget nights)
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Bakery / Bread

- Buns for Sloppy Joes
 - Tortillas (for quesadillas or tacos)
 - Garlic bread or toast
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Optional / Extras

- Brown sugar (for BBQ chicken or skillet glazes)
- Salsa (for tacos or quesadillas)
- Soup (tomato, chicken noodle, etc., for super-easy reserve days)

