

Grocery List for Two Weeks

Proteins

- 8 lbs chicken (breasts + thighs)
- 1 lb turkey or chicken sausage

Vegetables

- 2 cups baby carrots
- 3 cups potatoes (baby or diced)
- 2 zucchini
- 1 red bell pepper
- 1 cup broccoli florets
- 1 cup mushrooms

Pantry & Canned Goods

- 2 jars salsa (16 oz each)
- 1/2 cup teriyaki sauce
- Olive oil
- Garlic powder
- Italian seasoning
- Cumin
- Chili powder
- Salt & pepper
- Rice or tortillas for serving
- Optional: pasta or grains for extra variety

Optional / Reserve Items

- Salad kits
- Pre-cooked frozen grains
- Eggs
- Canned chicken or tuna (without mayo)

