

SHOPPING LIST

PROTEINS

- 3–4 lbs chicken breasts or thighs (for Salsa Chicken, Teriyaki, Lemon Herb, Tuscan, Sheet Pan)
 - 2–3 lb pork roast (Garlic Herb Pork Roast)
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PRODUCE

- 3–4 lemons
 - 1 large onion
 - 1 garlic bulb
 - 1 bag baby potatoes (2–3 lbs)
 - 1–2 bell peppers
 - 1–2 zucchinis (for sheet pan)
 - 1 small bag baby carrots OR broccoli for sheet pan
 - 1 bag fresh spinach (Tuscan)
 - Optional: green onions or cilantro for Salsa Bowls
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CANNED / JARRED

- 1 jar salsa (any heat level)
 - 1 bottle low-sodium soy sauce (for Teriyaki)
 - 1 small jar honey (or check your pantry)
 - 1 bottle Italian dressing *optional* (for sheet pan shortcut — or use dry herbs)
 - 2 cartons chicken broth (you'll use quite a bit across all 6 meals)
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DRY GOODS

- White rice (you'll cook multiple times)
 - Cornstarch or flour for Teriyaki thickening (optional)
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SEASONINGS

You likely already have these, but if not:

- Garlic powder
 - Onion powder
 - Paprika
 - Italian seasoning
 - Basil
 - Thyme
 - Oregano
 - Salt + pepper
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OILS & OTHER

- Olive oil
- Aluminum foil (for sheet pan meal)
- Nonstick spray