

.

- **Protein**

- Chicken breasts or thighs (for Crockpot Pot Pie + Tuscan Chicken) – ~3 lbs
 - Ground beef – 2 lbs (for Shepherd's Pie + sheet pan or noodle bowls)
 - Smoked sausage or kielbasa – 1 package
 - Stew beef or sirloin tips – 1 to 1.5 lbs
 - Eggs – 1 to 2 dozen (for quick meals and breakfast-for-dinner)
 - Deli turkey or ham (for sandwiches/snack dinner)
-

- **Produce**

- Potatoes – 5 lb bag (for sausage bake + loaded potato night)
 - Onions – 2 to 3
 - Garlic – 1 bulb or jar minced
 - Carrots – 1 bag (shared between pot pie + beef tips + snacking)
 - Celery – 1 bunch (pot pie, soups, etc.)
 - Bell peppers – 2 (sheet pan + sausage bake)
 - Spinach or mixed greens – 1 bag (for wraps, salads, Tuscan chicken)
 - Mushrooms – 1 package (optional but good for beef tips or pot pie)
 - Frozen mixed vegetables – 2 bags (pot pie + soup starter)
 - Green onions – 1 bunch (baked potato topping, wraps, etc.)
 - Tomatoes – 2-3 (wraps, sandwich night)
 - Any fresh fruit you like for snacking (apples, grapes, oranges, etc.)
-

- **Dry Goods & Pantry**

- Chicken broth – 2 cartons or 4 cans
- Beef broth – 1 carton or 2 cans
- Bisquick or refrigerated biscuits (for pot pie topping)

- Egg noodles or pasta – 1-2 bags
 - Rice – 1 bag or box
 - Ramen noodles (plain or flavored, your choice)
 - Crackers (for snack dinner or soup night)
 - Tortillas or wraps
 - Bread or rolls (for sandwiches/open-faced melts)
 - Olive oil or cooking oil
 - All-purpose flour (for gravy or thickening)
 - Seasonings: salt, pepper, garlic powder, onion powder, Italian seasoning, paprika, thyme
-

- **Dairy & Fridge**

- Butter or margarine
 - Milk (for pot pie and general use)
 - Shredded cheese (cheddar, mozzarella, or mixed)
 - Parmesan cheese (for Tuscan chicken + noodle bowls)
 - Cream cheese (optional for Tuscan chicken if you tolerate a small amount)
-

- **Canned & Jarred**

- Cream of chicken soup – 1 can (for pot pie base)
 - Tomato paste or sauce – 1 small can (sheet pan or noodle bowls)
 - Pickles or olives (for snack board night)
 - Salsa (for wraps, quesadillas, or flavor boost)
-

- **Snacks & Misc.**

- Nuts or trail mix
- Fruit cups or applesauce
- Popcorn

- Chocolate or your favorite sweet treat