

Simple Eats - “Winner-Winner, Chicken Dinner”

Grocery List



On The Menu This Week ...

Chicken Curry

Cajun Chicken Pasta

Chicken Pot Pie with biscuits

Yields 4 servings per meal

All ingredients are color-coded to each recipe in case you'd prefer to make only *some* of the weekly options. For ingredients that in numerous recipes (ie. greens), check the colored amounts in parentheses to see how many are in the recipes you're interested in making - Happy Cooking!

Protein:

- ❑ 9 - 6 oz (3 + 3 + 3) skinless, boneless chicken breasts

Produce:

- ❑ 2 (1 + 1) red peppers
- ❑ 1 yellow pepper
- ❑ 1 small bag of snap peas
- ❑ 2 limes
- ❑ 1 small container of fresh mint leaves
- ❑ 1 bunch of cilantro
- ❑ 1 bunch (3 tbsp + 2 tbsp) fresh parsley
- ❑ 4 cloves garlic
- ❑ 4 Roma tomatoes
- ❑ 2 (½ + 1) red onions
- ❑ 3-4 medium-sized carrots
- ❑ 3-4 celery stalks
- ❑ 2 tsp thyme

Dry Goods & Bakery:

- ❑ 5 tbsp (1 + 4) olive oil
- ❑ 2 tbsp soy sauce
- ❑ 2 tbsp miso
- ❑ 4 tbsp red curry paste
- ❑ 1 tbsp brown sugar
- ❑ 1 - 14 oz can light coconut milk
- ❑ 14 oz (2 cups) of rice
- ❑ ½ tsp salt
- ❑ 4 tsp Cajun Spice Mix
- ❑ 16 oz fettuccine pasta
- ❑ 4 oz (½ cup) white wine
- ❑ 32 oz (2 cups + 2 cups) chicken broth
- ❑ ¾ cup all-purpose flour

Dairy, Refrigerated or Frozen:

- ❑ 8 oz (1 cup) heavy cream
- ❑ 8 oz (1 cup) milk
- ❑ 1 stick of butter
- ❑ 6 oz (1 cup) frozen sweet peas
- ❑ 5 oz (¾ cup) frozen corn
- ❑ 1 tube Pillsbury crescent rolls