

# *Stock the Freezer: Chicken Thigh Shopping List*

## **Meat**

- ☐ 10.5 lb boneless skinless chicken thighs

## **Condiments**

- ☐ Honey
- ☐ Ketchup
- ☐ Olive oil
- ☐ Soy sauce
- ☐ Sriracha
- ☐ White vinegar

## **Spices**

- ☐ Black pepper
- ☐ Brown sugar
- ☐ Cayenne pepper
- ☐ Cumin
- ☐ Dried basil
- ☐ Garlic powder
- ☐ Ground ginger
- ☐ Onion powder
- ☐ Paprika
- ☐ Salt
- ☐ Seasoned salt
- ☐ Turmeric

## **Dry Goods**

- ☐ All-purpose flour
- ☐ 32 oz chicken broth
- ☐ 2 cans cream of mushroom soup
- ☐ 4 oz can green chiles
- ☐ 1 box pasta
- ☐ 1 package pita bread
- ☐ 1 packet taco seasoning

## **Produce**

- ☐ 2 bell peppers
- ☐ Fresh basil
- ☐ Fresh ginger
- ☐ Fresh parsley
- ☐ 2 lemons
- ☐ Minced garlic
- ☐ 2 onions

## **Refrigerated/Frozen**

- ☐ 1 stick butter
- ☐ 2.5 cups cheddar cheese
- ☐ 4 cups monterey jack cheese
- ☐ 1 cup sour cream