

# SUCCESS IN THE EXPRESS LANE



## 3 GRILLING RECIPES IN 15 ITEMS OR LESS

Our Express Lane Meal Plans & Shopping Lists help make your meal planning and shopping a little easier. With 15 simple ingredients, you can make three yummy Perdue recipes. Just check off each item as you shop!



Easy Carolina BBQ Chicken



Easy Mediterranean Spatchcocked Chicken



Grilled Buffalo Chicken Sandwiches

## SHOPPING LIST

### PERDUE® CHICKEN

- 2 PERDUE® Fresh Whole Chickens
- 1 package PERDUE® PERFECT PORTIONS® Boneless Skinless Chicken Breast, All Natural (1.5 lbs.)



### PRODUCE

- 4 Lemons
- 1 package Celery
- 1 small Red Onion
- 1 bunch Parsley

### DAIRY

- 1 small container Blue Cheese
- 1 small container Sour Cream

### MISCELLANEOUS

- 1 bottle Hot Sauce
- 1 bottle Worcestershire Sauce
- 1 small jar Mayonnaise
- 1 bottle Apple Cider Vinegar
- 1 package Hoagie or Club Rolls

### PANTRY STAPLES

- Olive Oil
- Vegetable Oil
- Salt
- Black Pepper
- Cayenne Pepper
- Garlic Powder
- Dry Mustard
- Dried Oregano
- Poultry Seasoning
- Paprika
- 1 Egg

### QUICK TIPS

- Use the whole chicken for the Easy Carolina BBQ Chicken and the Easy Mediterranean Spatchcocked Chicken
- Substitute Dried Oregano and Powdered Garlic for fresh in your Easy Mediterranean Spatchcocked Chicken
- Use 4 PERFECT PORTIONS® chicken breasts for your Grilled Buffalo Chicken Sandwiches

Get these recipes and more at [PERDUE®.com](https://www.perdue.com)