

PERDUE
WEEKLY
SHOPPING LIST



BBQ Chicken Cornbread

PERDUE® CHICKEN

- 1 lb. PERDUE® FIT & EASY® Boneless, Skinless Chicken Breasts

PRODUCE

- 1 tbsp Chopped Green Onion

REFRIGERATED

- 1/3 cup Shredded Cheddar Cheese

MISCELLANEOUS

- 1 (8.5 ounce) Box Corn Muffin Mix
- ¾ cup BBQ sauce
- 1 (4 ounce) Can Diced Green Chilies

PANTRY STAPLES

- 1 tbsp. Olive Oil
- ¼ tsp Salt
- 1/8 tsp Black Pepper
- 1 tbsp unsalted butter

Turkey Quinoa Meatloaf Bites

PERDUE® CHICKEN

- 1 lb. PERDUE® Fresh Ground Turkey

PRODUCE

- 1 Garlic Clove

MISCELLANEOUS

- 1 cup Quinoa
- ¼ cup Bread and Butter Pickles
- 1 cup Crispy Fried Onions

REFRIGERATED

- 1 Large Egg
- 2 ½ ounces Sharp Cheddar Cheese, cubed

PANTRY STAPLES

- 2 tbsp Ketchup
- 2 tbsp Yellow Mustard
- ½ tsp Salt
- ¼ tsp Black Pepper

3-Ingredient Brown Sugar and Mustard Chicken Breasts

PERDUE® CHICKEN

- 1 Package PERDUE® FIT & EASY® Boneless, Skinless Chicken Breasts

MISCELLANEOUS

- 1/3 cup Stone Ground Mustard

PANTRY STAPLES

- ½ cup Brown Sugar

Grilled Ratatouille with Chicken and Quinoa

PERDUE® CHICKEN

- 4 PERDUE® PERFECT PORTIONS®, Boneless Skinless Chicken Breasts, All Natural

PRODUCE

- 2 Small Eggplants
- 1 Large Zucchini
- 1 Large Red Bell Pepper
- 1 Red Onion
- 4 Large Garlic Cloves
- 2 tbsp. Fresh Thyme
- 1 Lemon
- 1/2 cup Fresh Parsley

MISCELLANEOUS

- 2 cups Quinoa
- 2 tbsp Red Wine Vinegar

PANTRY STAPLES

- 8 tbsp Olive Oil
- ½ tsp Salt
- ¼ tsp Black Pepper

Herb Chicken Breast with Blue Cheese & Asparagus

PERDUE® CHICKEN

- 4 PERDUE® Encrusted Onion & Herb Breaded Chicken Breast Fillets

PRODUCE

- 20 Asparagus Spears
- 1 Lemon

REFRIGERATED

- ½ cup Crumbled Blue Cheese

Chicken Marinara Pita Pizzas

PERDUE® CHICKEN

- 1 Package PERDUE® SHORT CUTS®, Carved Chicken Breast, Grilled Italian Style

REFRIGERATED

- 1 Cup Shredded low-fat Mozzarella Cheese
- Parmesan Cheese (optional)

MISCELLANEOUS

- 4 Pita Pocket Breads
- ½ cup Favorite Prepared Pizza Sauce

PANTRY STAPLES

- Crushed Red Pepper Flakes (optional)
- Dried Oregano (optional)

Easy Moroccan Sheet Pan Chicken Dinner

PERDUE® CHICKEN

- 1 Package PERDUE® Chicken Thighs

PRODUCE

- 2 Medium Sweet Onions
- 1 Lemon

MISCELLANEOUS

- ½ cup Manzanilla Olives Stuffed with Pimientos
- 1 tbsp Minced Garlic
- 1 box Yellow Rice Mix

PANTRY STAPLES

- 5 tbsp Extra Virgin Olive Oil
- 3 tsp Adobo All-Purpose Seasoning with Pepper
- 2 tsp Ground Cumin
- 1 tsp Ground Paprika
- ½ tsp Turmeric
- ¼ tsp Cayenne Pepper