

PERDUE
WEEKLY
SHOPPING LIST



Sweet Tea Brined Grilled Chicken

PERDUE® CHICKEN

- ❑ 1 package PERDUE® Chicken Thighs

PRODUCE

- ❑ 1 Lemon
- ❑ 1 Medium Onion
- ❑ 2 Garlic Cloves
- ❑ 1 lb. Peach Slices

MISCELLANEOUS

- ❑ 4 Regular Tea Bags
- ❑ ½ cup Peach Nectar
- ❑ ¼ cup Apple Cider Vinegar
- ❑ 2 tbsp. Chili Powder
- ❑ 1 tbsp. Worcestershire Sauce
- ❑ 2 tbsp. Garlic Powder

PANTRY STAPLES

- ❑ ½ cup Brown Sugar
- ❑ 1 cup Sugar
- ❑ ½ cup Kosher Salt
- ❑ ½ tsp Black Peppercorns
- ❑ 3 tbsp. Olive Oil

10 Minute Grilled Chicken Gazpacho

PERDUE® CHICKEN

- ❑ 4 PERDUE® PERFECT PORTIONS®, Boneless Skinless Chicken Breasts

PRODUCE

- ❑ 1 Cucumber
- ❑ 3 Large Tomatoes
- ❑ 1 Red Bell Pepper
- ❑ ½ Red Onion
- ❑ ½ cup Cilantro Leaves

PANTRY STAPLES

- ❑ 5 tbsp. Olive Oil
- ❑ 2 tbsp. Red Wine Vinegar
- ❑ ½ tsp Salt
- ❑ ¼ tsp Black Pepper

Grilled Cilantro Lime Chicken with Corn Salsa

PERDUE® CHICKEN

- ❑ 3 PERDUE® HARVESTLAND® PERFECT PORTIONS® Boneless Skinless Chicken Breasts

PRODUCE

- ❑ 3 Limes
- ❑ 2 Garlic Cloves
- ❑ 1 cup Plum Tomatoes
- ❑ 1 Avocado
- ❑ ½ cup Red Onion
- ❑ 2 tbsp. Cilantro
- ❑ 4 cups Romaine Lettuce

MISCELLANEOUS

- ❑ 4 tbsp. Sour Cream

PANTRY STAPLES

- ❑ 3 tbsp. Olive Oil
- ❑ ¼ tsp Salt
- ❑ 1/8 tsp Black Pepper

Hard Apple Cider Glazed Chicken Kale Salad

PERDUE® CHICKEN

- ❑ 4 PERDUE® PERFECT PORTIONS®, Boneless Skinless Chicken Breasts

PRODUCE

- ❑ 2 Granny Smith Apples
- ❑ 4 cups Kale

MISCELLANEOUS

- ❑ 2 (12-ounce) Bottles of Hard Apple Cider
- ❑ 2 tbsp. Brown Sugar
- ❑ 1 tbsp. Coarse Grain Mustard

PANTRY STAPLES

- ❑ 1 tbsp. Olive Oil
- ❑ ½ tsp Salt
- ❑ ¼ tsp Black Pepper
- ❑ 2 tbsp. Unsalted Butter

Tropical Adobo Chicken and Red Beans

PERDUE® CHICKEN

- ❑ 4 PERDUE® PERFECT PORTIONS®, Boneless Skinless Chicken Breasts

PRODUCE

- ❑ 4 Garlic Cloves
- ❑ 1 small Onion
- ❑ 2 tbsp. Cilantro

MISCELLANEOUS

- ❑ 1 cup Mojo Bitter Orange Marmalade
- ❑ 2 tsp GOYA® Adobo All-Purpose Seasoning with Pepper
- ❑ ½ tsp Ground Cumin
- ❑ ½ tsp Oregano
- ❑ 1 box (8-ounce) Rice and Beans

PANTRY STAPLES

- ❑ 1 tsp Extra Virgin Olive Oil
- ❑ ¼ cup White Cooking Wine

Mango Chicken Caribbean Burger

PERDUE® CHICKEN

- ❑ 1 package PERDUE® HARVESTLAND® Ground Chicken

PRODUCE

- ❑ 1 Mango
- ❑ 1 Red Pepper
- ❑ 1 Red Onion
- ❑ 2 tbsp. Jalapenos
- ❑ 1 Lime
- ❑ 1 tbsp. Cilantro

MISCELLANEOUS

- ❑ 2 tbsp. Jerk Seasoning
- ❑ 2 tbsp. Ketchup
- ❑ 4 Hamburger Rolls

Chicken and Chorizo Breakfast Burrito

PERDUE® CHICKEN

- ❑ 4 PERDUE® PERFECT PORTIONS®, Boneless Skinless Chicken Breasts

PRODUCE

- ❑ 9 Large Eggs
- ❑ 1 Onion
- ❑ 1 Green Pepper

REFRIGERATED

- ❑ 1 cup Milk
- ❑ 2 Mexican Style Chorizo Sausage Links
- ❑ ¼ cup Sharp Cheddar Cheese

PANTRY STAPLES

- ❑ 1 cup Pancake Baking Mix
- ❑ 1 tbsp. Vegetable Oil
- ❑ ¼ tsp Salt
- ❑ 1/8 tsp Black Pepper