

**PERDUE**  
**WEEKLY**  
SHOPPING LIST



### Easy Mediterranean Spatchcocked Chicken

**PERDUE® CHICKEN**

- 1 PERDUE® Fresh Whole Chicken

**PRODUCE**

- 3 tbsp. Fresh Oregano Leaves
- 1 tbsp. Fresh Garlic
- 3 Lemons

**PANTRY STAPLES**

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

### Easy BBQ Chicken Pizza

**PERDUE® CHICKEN**

- 2 PERDUE® FIT & EASY®, Boneless Skinless Chicken Breasts

**PRODUCE**

- 1 Red Onion
- 2 tbsp. Green Onion

**REFRIGERATED**

- 1 cup Sweet BBQ Sauce
- 1 lb. refrigerated Pizza Dough
- 1 cup shredded Mozzarella Cheese

**PANTRY STAPLES**

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

### Orange and Lime Chicken Fajitas

**PERDUE® CHICKEN**

- 3 PERDUE® HARVESTLAND® Boneless Skinless Chicken Breasts

**PRODUCE**

- 2 Limes
- 2 Garlic Cloves
- 1 Jalapeno
- 1 tbsp. Fresh Oregano
- 4 Oranges and/or Yellow Bell Peppers
- 2 Sweet Onions
- 6 Scallions
- 1 Avocado

**MISCELLANEOUS**

- 12 Corn or Flour Tortillas

**PANTRY STAPLES**

- 3 tbsp. Honey
- 3 tbsp. Olive Oil
- ¼ tsp Salt
- ½ cup Orange Juice
- ¾ cup Sour Cream

### Grilled Ratatouille with Chicken and Quinoa

**PERDUE® CHICKEN**

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

**PRODUCE**

- 2 small Eggplants
- 1 Large Zucchini
- 1 large Red Bell Pepper
- 1 Red Onion
- 4 Garlic Cloves
- 2 tbsp. Fresh Thyme
- 1 Lemon
- ½ cup Fresh Parsley

**MISCELLANEOUS**

- 2 tbsp. Red Wine Vinegar
- 2 cups Quinoa

**PANTRY STAPLES**

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

### Restaurant Style Chicken Chopped Salad

**PERDUE® CHICKEN**

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

**PRODUCE**

- ½ cup Basil Leaves & Scallions
- ¼ cup Parsley
- 1 Garlic Clove
- 4 cups Romaine Lettuce
- 2 cups Radicchio
- 1 large Bell Pepper
- 1 cup Cherry Tomatoes
- ½ cup Black or Green Olives

**MISCELLANEOUS**

- 1 cup canned Chick Peas
- ¼ cup Toasted Pumpkin Seeds
- 1 cup Plain Yogurt
- 2 tbsp. Lemon Juice
- ½ cup Mini Mozzarella Balls
- 3 tbsp. Olive Oil
- ½ tsp Salt
- 1/4 tsp Black Pepper

### Mini Chicken Taco Bowls

**PERDUE® CHICKEN**

- 2 package PERDUE® SHORT CUTS®, Carved Chicken Breast, Grilled

**PRODUCE**

- ½ cup Shredded Lettuce
- ½ cup Diced Tomatoes
- ¼ cup Black Olives

**REFRIGERATED**

- 6 tbsp. Shredded Cheddar Cheese
- ¼ cup Sour Cream

**MISCELLANEOUS**

- 6 Flour Tortillas
- 1 cup Green or Red Salsa

### Molasses Grilled Chicken

**PERDUE® CHICKEN**

- 2 PERDUE® HARVESTLAND®, Whole Chicken with Giblets

**PRODUCE**

- ½ cup Onion
- 2 Garlic Cloves

**REFRIGERATED**

- 1 ½ cup Ketchup
- 3 tbsp. Molasses
- 2 tbsp. Apple Cider Vinegar
- 2 tbsp. Spicy Brown Mustard
- 2 tbsp. Worcestershire Sauce

**PANTRY STAPLES**

- 2 tbsp Vegetable Oil
- 2 tbsp. Brown Sugar
- ¼ tsp Salt
- 1/8 tsp Black Pepper