

Herb Butter Chicken Meal Prep

GROCERY ITEMS	PANTRY ITEMS
Boneless skinless chicken thighs, 5	Olive oil, 2 Tbsp
Garlic, 5 cloves	Italian Seasoning, 1/2 Tbsp
Chicken broth, 1/2 cup	Butter, 2 Tbsp
Parsley, handful (optional)	Dried basil, 1/2 tsp
Linguine or Fettuccine, 8 oz.	Parmesan, 3 oz.
Grape tomatoes, 1 pint	Salt and Pepper to taste
Cannellini Beans, 15 oz. can	
Baby spinach, 4 oz.	

^{*}Remember: Shop your pantry before you shop the store so you know what needs to be restocked and what you already have on hand.