

MEALTIME HELPER

MAKING MEALTIME EASY

Chicken Tenders - Shopping List

- **Protein**
 - 1½ lb (680 g) chicken tenderloins (or chicken breasts to slice)
- **Pantry & Dry Goods**
 - 1 cup (120 g) all-purpose flour
 - 1½ cups (150 g) panko breadcrumbs (or regular breadcrumbs)
 - 1 tsp garlic powder
 - 1 tsp onion powder
 - 1 tsp smoked paprika (or regular paprika)
 - 1/2 tsp dried oregano or Italian seasoning
 - Salt & freshly ground black pepper
- **Dairy & Eggs**
 - 2 large eggs
 - 2 tbsp milk or use water
 - 1/2 cup (50 g) grated Parmesan (optional)
- **Oils & Fats**
 - Vegetable oil or canola oil for frying (about 1/4–1/2 cup) — or oil spray for baking
- **Produce & Extras (optional)**
 - Lemons for wedges (optional)
 - Dipping sauces: honey mustard, BBQ, ranch, or ingredients for spicy mayo

Notes:

- For gluten-free: replace flour and breadcrumbs with GF alternatives or crushed cornflakes.
- If using an air fryer or baking, have cooking spray or an oil brush ready.