

MEALTIME HELPER

MAKING MEALTIME EASY

Creamy Garlic Chicken - Shopping List

- Protein
 - 1 1/2 lb (≈700 g) boneless, skinless chicken breasts or thighs
- Dairy & Refrigerated
 - 1 1/4 cups (300 ml) heavy cream or half and half
 - 1/2 cup (50 g) grated Parmesan cheese
 - 2 tablespoons unsalted butter
- Produce & Herbs
 - 4–5 garlic cloves (about 2 tbsp minced)
 - 1 small shallot or 1/2 small onion (optional)
 - 1 lemon (for ~1 tsp juice)
 - Fresh parsley (2 tbsp chopped) or dried thyme/rosemary if using dried
- Pantry & Seasonings
 - Olive oil (2 tbsp)
 - Kosher salt
 - Black pepper
 - Paprika (optional)
 - 1 tsp Dijon mustard (optional)
 - 1/2–1 tsp dried thyme (if not using fresh)
 - Dry white wine or low sodium chicken broth (1/2 cup / 120 ml)
- Optional serving items
 - Pasta, mashed potatoes, or rice
 - Steamed vegetables