

# Printable Grocery List for Chicken Thighs Recipes

## Proteins:

- 2-3 lbs chicken thighs (boneless or bone-in, skin-on or skinless)

## Vegetables:

- 2-3 medium potatoes (for roasted and sheet pan recipes)
- 1-2 cups broccoli florets
- 1-2 cups mushrooms (e.g., white button or cremini)
- 2 medium sweet potatoes
- 1 red bell pepper
- 1 onion (yellow or red)
- 2-3 cloves garlic
- 1 can pineapple (for pineapple chicken thighs)

## Spices & Seasonings:

- Salt (to taste)
- Black pepper (to taste)
- Paprika
- Cayenne pepper (for spicy recipes)
- Chili powder
- Garlic powder
- Onion powder
- Italian seasoning
- Fresh herbs (rosemary, thyme, or parsley)

## Oils & Sauces:

- Olive oil (for roasting and pan frying)
- Soy sauce (for soy sauce chicken thighs and Asian-style dishes)
- Teriyaki sauce (for baked teriyaki chicken thighs)
- Honey (for sweetness in sauces or marinades)
- Coconut milk (for coconut curry chicken thighs)
- Cream of mushroom soup (for creamy chicken thigh dishes)

## Grains & Sides:

- Rice (for baked chicken thighs and rice, chicken thighs and rice casserole)

- Couscous (optional, for variety in side dishes)
- Quinoa (optional, for healthier side options)

**Other:**

- Butter (for sautéing and roasting)
- Brown sugar (for sweet marinades)
- Dijon mustard (for sauces or marinades)
- Red wine vinegar or apple cider vinegar (for balancing flavors)
- Chicken broth (for marinating or as a base for sauces)

**Instructions:**

1. **Download or Print:** Click the print button or download the PDF version of this grocery list for easy shopping.
2. **Check Your Pantry:** Before heading to the store, check your pantry for common ingredients such as olive oil, garlic powder, or soy sauce.
3. **Shopping Tips:** Consider buying in bulk for pantry staples like spices, rice, and olive oil to save money for future recipes.