

### **Baking**

- ☐ Flour 1tbsp

### **Condiments & Spices**

- ☐ Garlic powder 0.5tsp
- ☐ Olive oil 1tbsp
- ☐ Salt & pepper to taste

### **Meat**

- ☐ Chicken breasts 2 units

### **Canned Goods**

- ☐ Chicken broth or dry white wine 0.5 cup

### **Dairy**

- ☐ Butter 1tbsp
- ☐ Heavy cream 1 cup
- ☐ Parmesan cheese 0.5 cup

### **Vegetables**

- ☐ Garlic 3 cloves
- ☐ Parsley 1tbsp