Baking
- ◯ Flour 1tbsp

Condiments & Spices
- ◯ Crushed red pepper flakes ¼ tsp
- ◯ Dried oregano ½ tsp
- ◯ Garlic powder ½ tsp
- ◯ Olive oil 1 tbsp
- ◯ Pepper to taste
- ◯ Salt to taste

Meat
- ◯ Chicken breasts 2 large

Beverages
- ◯ Dry white wine or chicken broth 0.5 cup

Dairy
- ◯ Butter 1tbsp
- ◯ Parmesan cheese cup

Vegetables
- ◯ Basil 1 small handful
- ◯ Garlic 4 cloves