

Baking

- ☐ All-purpose flour 6 tablespoons

Condiments & Spices

- ☐ Black pepper $\frac{1}{4}$ tsp
- ☐ Chili flakes 1tsp
- ☐ Fresh basil 1tbsp
- ☐ Olive oil 2tbsp
- ☐ Oregano $\frac{1}{4}$ tsp
- ☐ Salt $\frac{1}{2}$ tsp
- ☐ Thyme $\frac{1}{4}$ tsp

Meat

- ☐ Chicken breast 3 large

Canned Goods

- ☐ Chicken stock 1 cup
- ☐ Sundried tomatoes cup

Dairy

- ☐ Heavy cream 1 cup
- ☐ Parmesan cheese $\frac{1}{2}$ cup
- ☐ Unsalted butter 2 tbsp

Vegetables

- ☐ Garlic 3 cloves