

Meal Plan

Week 1:

Halibut Fish Sticks with Dill Caper Sauce
& Asparagus

Roast Chicken
Quinoa
Roasted Garlic Broccoli

Crock Pot Chicken a la Criolla & Rice

Black Bean Soup with Coconut Rice

Summer Garden Pasta

Pesto Chicken Thighs with
Arugula Salad

[Printable Grocery List](#)