

Meal Plan

Meal Plan 13

Scarlett's Chicken & Rice
Quick Cooking Collard Greens
Roasted Carrots

One-Skillet Hot Sausage & Cabbage Stir Fry

One Pot Cheesy Mexican Lentils, Black Beans & Rice

Thai Chicken Salad
(Double the recipe, the doubled ingredients
are reflected in the grocery list)

Store Bought Rotisserie Chicken with
Blood Orange Beet & Fennel Salad

Skillet Shrimp with Orzo, Feta & Asparagus

[Printable Grocery List](#)