

# Meal Plan

## Meal Plan 14

One Pot Lemon - Caper Chicken & Rice  
(The Anchored Kitchen)

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Salsa Chicken Thigh Tacos (Skinny Taste)  
with Chips & Table Side Guacamole  
(The Anchored Kitchen)

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Sheet Pan Pasta Bake with Chicken & Kale  
(Epicurious)

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Crock Pot Chicken a la Criolla over Rice  
(Skinny Taste)

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Honey Chipotle Chicken Bowls with Lime  
Quinoa  
(How Sweet Eats)

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Classic Baked Ziti with Side Salad  
(The Anchored Kitchen)

[Printable Grocery List](#)

THE  
*Anchored*  
KITCHEN