

# Meal Plan

Week 2:

Roasted Shrimp with Wild Rice &  
Shaved Brussel Sprouts

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Salsa Chicken Thigh Tacos with  
Guacamole and Chips

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Hamburgers, Corn on the Cob, Alexia  
Frozen Fries

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Enchilada Quinoa Casserole

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Thai Beef Noodle Salad

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Pesto Orecchiette with Chicken Sausage

[Printable Grocery List](#)