

Meal Plan

Week 6:

Baked Potato Soup with a Side Salad

Skillet Shrimp with Orzo, Feta, and
Asparagus

Creamy Chicken Quinoa & Broccoli
Casserole

Chicken Bacon Avocado Wraps with
Alexia French Fries

Chicken Enchilada Casserole

French Bistro Steaks and
Baked Potatoes with Yogurt and Sour Cream

[Printable Grocery List](#)