

Meal Plan

Week 7:

Hearty Bean & Tomato Soup with Side Salad & Bread

10 minute Sausage Skillet with
Creamy Polenta

Asian Honey Lemon Chicken with Rice
& Green Beans

White Bean Ragout with Toast

Double Pork Carnitas with
Quinoa Black Beans & Cilantro

Roast Salmon and Broccoli with Chili-Caper Vinaigrette
Dill Potatoes

[Printable Grocery List](#)

THE
Anchored
KITCHEN