

# Meal Plan

Week 8:

Lentil Soup with Tuscan Loaf

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Lemon Chicken Skewers with Tzatziki Sauce  
& Dill Orzo

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Oven Baked Salmon with Lemon Cream Sauce  
Roasted Asparagus

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Soy Glazed Chicken Thighs with  
Asparagus and Scallions over Rice

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Baked Greek Chicken over Rice

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Penne with Butternut Squash and Goat Cheese

[Printable Grocery List](#)