

Meal Plan

Week 9:

Chicken Shiitake & Wild Rice Soup

Buffalo Chicken Lettuce Wraps

Alexia Frozen French Fries

Pesto Orecchiette with Chicken Sausage

Chorizo & White Bean Stew

Green Pizza with Brussel Sprouts and
Pesto

Baked Chicken Parmesan over Linguine with Side Salad

[Printable Grocery List](#)