

Meal Plan

Meal Plan 18

Lentil Salad with Burrata & Rotisserie Chicken
(Extra Virgin on The Cooking Channel)

Classic Southern Shrimp & Grits
(The Anchored Kitchen)

Spaghetti Squash Sausage Lasagna Boats
(Skinny Taste)

Hearty Tomato & Bean Soup with Tuscan Loaf
(The Anchored Kitchen)

Slow Cooker Cilantro Lime Chicken Tacos
(Belle of the Kitchen)
with Fresh Table Side Guacamole
(The Anchored Kitchen)

Lemony Pasta with Cauliflower, Chickpeas & Arugula
(Epicurious)

[Printable Grocery List](#)

THE
Anchored
KITCHEN