

Meal Plan

Meal Plan 22

Asian Lettuce Wraps with White Rice
(Sunny Anderson- The Food Network)

Southwest Chicken Skillet
(Budget Bytes)

Shawarma-Spiced Chicken Pitas with
Tahini Yogurt Sauce
(Epicurious)

Sheet Pan Gnocchi with Sausage & Tomatoes
(The Anchored Kitchen)

Slow Cooker Creamy White Chicken Chili
(The Chunky Chef)

Ginger-Miso Striped Bass in Shiitake Mushroom Broth
with Udon Noodles
(Double the Recipe, the doubled ingredients are listed in the grocery list.)
(Epicurious)

[Printable Grocery List](#)