

# Meal Plan

## Meal Plan 28

Ham & Bacon Quiche with  
Simple Arugula Salad  
(The Anchored Kitchen)

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Red Pepper Cashew Pasta with Roasted Cauliflower  
(Pinch of Yum)

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Chinese Green Beans with Turkey over Rice  
(The Weary Chef)

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Soy Glazed Chicken Thighs with Asparagus &  
Scallions  
(Bon Appetit)

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Creamy Chicken Sheet Pan Nachos  
Fresh Table Side Guacamole  
(The Anchored Kitchen)

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Pasta with Shrimp in Tomato Cream  
(Epicurious)

[Printable Grocery List](#)

THE  
*Anchored*  
KITCHEN