

# Meal Plan 31

Garlicky Shrimp with Asparagus Fries and Meyer  
Lemon Aioli

(Williams Sonoma)

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Cajun Caesar Grilled Chicken &

(Louisiana Bride Blog)

Herb Couscous with Slow Roasted Tomatoes

(Marissa Hermer)

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Crock Pot Chicken a la Criolla over Rice

(Skinny Taste)

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Brown Sugar Pork Chops with Garlic & Herbs

(Innocent Delight)

& Simple Arugula Salad

(The Anchored Kitchen)

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Broiled Lemon Chicken with

(Frank Pellegrino Jr)

Dill Red Potatoes with Lemon & Butter

(The Anchored Kitchen)

[Printable Grocery List](#)

THE  
*Anchored*  
KITCHEN