

Meal Plan

Meal Plan 30

Green Asparagus & Herb Soup
with Side Salad & Bread Loaf

(The Anchored Kitchen)

Spicy Thai Chicken & Quinoa

(Pinch of Yum)

20 Minute Honey Garlic Butter Scallops & Orzo

(Half Baked Harvest)

Thai Beef Noodle Salad

(Williams Sonoma)

Classic Baked Ziti with Side Salad

(The Anchored Kitchen)

[Printable Grocery List](#)

THE
Anchored
KITCHEN