

Meal Plan 36

Mediterranean Buttermilk Chicken with
(The Anchored Kitchen)

Pearl Couscous with Olives & Roasted Tomatoes
(Smitten Kitchen)

Carne Bistec Over Rice
(Skinny Taste)

Honey Lime Chicken Quinoa Bowls
(How Sweet Eats)

Quick Braised Chicken with White Beans & Artichokes
Side Salad & Crusty Bread Loaf
(The Dinner Shift)

Mediterranean Garlic Shrimp Skewers with
3 Ingredient Mediterranean Salad
(The Mediterranean Dish)

[Printable Grocery List](#)