

Meal Plan

Meal Plan 20

Dinner Spanakopitas with Side Salad
(Ina Garten)

Turkey Burgers with Alexia Frozen Sweet Potato Fries
(The Anchored Kitchen)

Thai Beef Noodle Salad
Williams Sonoma

Braised Rotisserie Chicken with Bacon, Tomatoes, and Kale
(Epicurious)

Black Bean Soup with Coconut Rice
(The Anchored Kitchen)

Skillet Shrimp with Orzo, Feta & Asparagus
(Serious Eats)

[Printable Grocery List](#)

THE
Anchored
— KITCHEN —