

**WEEKLY MEALS**

**CROCK POT/SLOW COOK**



**Honey Mustard  
Instant Pot  
Chicken**

**MEAT-LESS**



**Pineapple Teriyaki  
Coconut Rice Bowl**

**UNDER 15 MINUTES**



**Chicken Couscous  
with Dried Fruit**

**ONE PAN ONLY**



**Sun Dried Tomato  
Chicken Bake**

**ALL AHEAD PREP**



**Fiesta Chicken  
Casserole**

**GROCERY LIST**

**VEGGIES/FRUITS**

- 10 cloves Garlic
- 1 pound Baby Potatoes
- 3 Carrots
- 1 Tbsp Ginger
- 2 Cups Broccoli (Florets)
- 2 Bell Peppers
- 3 Yellow Onions
- 2 Cups Pineapple
- 1/2 Cup Scallions
- 2 Lemons
- 2 Tomatoes
- 2 TBSP Dried Basil
- 1/4 Cup Cilantro

**MEAT/PROTEIN/DAIRY**

- 1 cup shredded Colby Jack Cheese
- 6 Chicken Thighs
- 5 cups Cooked Chicken
- 2 pounds halved Chicken Breasts

**DRY GOODS**

- 4 cup Chicken Broth
- 1/2 cup Honey
- 2 TBSP Dijon Mustard
- 3 TBSP Whole Grain Mustard
- 1/4 Cup Soy Sauce
- 1 Cup Long Grain White Rice
- 14 Oz Canned Coconut Milk
- 1 Cup Mixed Dried Fruit
- 2 Cups Couscous
- 1/2 Cup Sliced Almonds
- 8oz jar Sun-Dried Tomatoes
- 1 can Condensed cream of chicken soup (10 3/4 oz.)
- 1 can Cream of Mushroom Soup (10 3/4 oz.)
- 1/3 cup Picante Sauce
- 12 Corn Tortillas

**GROCERY STAPLES**

- 1 TBSP Avocado Oil
- 1 Tbsp Coconut Oil
- 1 Tbsp Flavorless Oil
- 3 Tbsp Olive Oil

**SPICE CUPBOARD**

- 2-3 teaspoons Chili Powder
- 1 1/2 tsp Ground Cumin
- 3/4 tsp Cinnamon
- Salt and Pepper