

## Grocery Pick Up Meal Plan – Recipes Included

### Traditional Meal Plan -

#### **Week 1:**

Crockpot Spaghetti with French Bread & Green Beans  
Parmesan Crusted Chicken Breasts, Frozen Peas & Carrots  
Tacos or Taco Salads with Chips & Salsa  
Grilled Chicken & Ranch Wraps with Sweet Potato Fries  
Turkey Chili Frito Pie  
Slow Cooker Beef & Broccoli with Rice

#### **Week 2:**

Quick & Easy Lasagna & Cesar Salad  
Sheet Pan Chicken Fajitas  
Hamburgers and Roasted Potatoes  
Slow Cooker Beef Stew & Cornbread  
Steak Fajita Quesadillas  
Grilled Chicken with Spinach & Ricotta Pasta

#### **Week 3:**

Baked Ravioli  
Loaded Baked Potatoes with Grilled Chicken & Bacon  
Egg Burritos  
Oven Baked Barbecue Chicken & Corn on the Cob  
Taco Bake  
Slow Cooker French Dip Sandwiches

#### **Week 4:**

Sheet Pan Parmesan Chicken & Veggies  
Honey Lemon Chicken & Asparagus  
Sloppy Joes  
Sheet Pan Nachos  
White Chicken Chili  
Chicken Alfredo Pasta with Broccoli

#### **Week 5:**

Steak Kabobs & Loaded Baked Potatoes  
Grilled Chicken Fajita Salads  
Tuscan Chicken Pasta & Green Beans  
Sheet Pan Ranch Pork Chops & Roasted Vegetables  
Crockpot Chicken & Gnocchi Soup  
Slow Cooker Chicken Soft Tacos

#### **Week 6:**

Blackened Chicken Cesar Salads  
Chicken & Potato Soup  
One Pan Chicken Fajita Pasta  
Baked Chicken Parmesan, French Bread, Green Beans  
Philly Cheesesteak Stuffed Peppers  
Slow Cooker Jerk Chicken & Roasted Vegetables

## Low-Carb Meal Plan

### Week 1:

- Baked Chicken Parmesan - Served with Spaghetti for Kids
- Taco Salads & Tacos for Kids
- One Pan Roasted Chicken & Green Beans
- Fried Chicken Tenders with Mashed Cauliflower
- Slow Cooker White Chicken Chili
- Fat Head Pizza

### Week 2:

- Zucchini Lasagna & Garden Salad
- Peppercorn Steak & Loaded Cauliflower Casserole
- Baked Enchilada Chicken with Guacamole & Veggies
- Pecan Crusted Chicken Breasts, Steamed Broccoli & Salad
- Spaghetti Squash Spaghetti & Cesar Salad
- Sheet Pan Fajitas with Lettuce Wraps

### Week 3:

- Bunless Hamburgers & Jalapeno Poppers
- Creamy Lemon Garlic Alfredo Chicken Skillet Recipe
- Whole Chicken & Avocado Tomato Salad
- Slow Cooker Steak Fajita Bowls & Cilantro Cauliflower Rice
- Slow Cooker Chicken, Broccoli, & Cheese Soup
- Inside Out Chicken Pot Pie Recipe with Fat Head Biscuits

### Week 4:

- Ranch Chicken Thighs & Parmesan Zucchini
- Low Carb Slow Cooker Chili
- Chicken Tortilla Soup
- Steak Kabobs and Steamed Broccoli
- Sour Cream Chicken Enchilada Skillet
- Grilled Chicken and Lemon Butter Asparagus

Week 5:

- Garlic Butter Steak Bites with Lemon Zucchini Noodles
- Creamy Spinach Chicken & Roasted Vegetables
- Cheese Steak Stuffed Peppers & Garden Salad
- Sheet Pan Garlic Butter Chicken Tenders & Asparagus
- Slow Cooker Chicken & Green Chili Soup
- Slow Cooker Pot Roast & Cheesy Cauliflower Casserole

Week 6:

- Teriyaki Chicken Bowls with Brown Rice for the Kids
- Cajun Lime Chicken and Parmesan Baked Green Beans
- Instant Pot Fajita Chicken Soup
- Pan Roasted Rustic Chicken with Steamed Broccoli
- Italian Sausage & Peppers with Fat Head Cheesy Bread
- Taco Chicken Salad with Jalapeno Ranch Dressing