



Grocery List & Meal Plan



MEAL PLAN

Day 1: Mexican Omelettes

Day 2: Naked Grilled Chicken Sandwiches

Day 3: Chicken Burrito Bowl

Day 4: Mexican Stuffed Avocados with Steamed Cauliflower

Day 5: Chicken Power Bowl

Day 6: Chicken Fried Cauliflower Rice

Day 7: Fried Egg and Avocado Power Bowl

Day 8: Chicken Cauliflower Crust Pizza

Day 9: Baked Chicken and Cheesy Cauliflower

Day 10; Cheese Omelettes with Avocado

GROCERY LIST

- Chicken Breast (2-4 pounds/person)
- Avocado (2-5/person)
- Cauliflower (1 head/person)
- Eggs (12/person)
- Cheese (10-16 oz/person)