



# Grocery List & Meal Plan



## MEAL PLAN

Day 1: Chicken and Rice Soup

Day 2: Chicken Burrito Rice Bowl

Day 3: Chicken and Rice Bake

Day 4: Chicken Stir-Fry

Day 5: Chicken Taco Soup

Day 6: Bean Burrito Rice Bowl

Day 7: Grilled Chicken, Roast Carrots, Rice

Day 8: Chicken and Carrot Risotto

Day 9: Chicken Fried Rice

Day 10; Chicken and Rice Soup

## GROCERY LIST

- Rice (1 lb)
- Chicken (2-3 lbs/person)
- Black Beans (1/2 lb)
- Carrots (1 lb)
- Cheese (2-3 oz/person)
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Pantry Items: Broth, Butter, Seasonings, Oils