

Meal Plan: *No Restrictions*

Monday

Breakfast Scrambled eggs with cheese, apple, turkey Kielbasa

Lunch Chicken Quesadilla, strawberries, carrots

Dinner Instant Pot Chicken Tortilla Soup

Snack

Tuesday

Breakfast Crustless Spinach and Cheese Quiche, raspberries, breakfast sausage

Lunch Salad with chicken, crumbled blue cheese, hard boiled egg & tomatoes

Dinner Chili, cornbread, sauteed zucchini

Snack

Wednesday

Breakfast

Lunch

Dinner

Snack

Grocery List

- Eggs
- Shredded Cheddar Cheese
- Apples
- Turkey Kielbasa
- Flour Tortillas
- Cooking Spray
- Cooked chicken
- Salsa
- Sour cream
- Strawberries
- Carrots
- Garlic
- Onions
- Olive Oil
- Jalapeno
- Lime
- 1 lb boneless skinless chicken breast
- 1 package green pepper (poblano if in season)
- 1 package red or orange bell pepper
- 1 lb boneless skinless chicken breast
- 1 can corn
- 2 can black beans
- 1 can green chiles
- 4 cans tomatoes with green chiles (Rotel)
- 1 box of chicken stock (32 ounces)
- ½ block of cream chesse
- Cilantro
- Butter Lettuce
- Tomato
- Crumbled blue cheese
- 1 lb ground beef
- Zucchini
- 1 can tomato paste
- Cornbread mix
- Milk (for cornbread mix)
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