

GROCERIES FOR DAY YOU EAT
(some are optional, but all are recommended):

Chicken Tortilla Soup:

(toppings)

- shredded cheddar cheese
- 1 avocado
- 1 bunch of fresh cilantro
- lime
- corn tortillas

Chicken and Veggie Soup:

- baby spinach
- parmesan cheese

Buffalo Chicken Chili:

- plain Greek yogurt (small container)
- blue cheese crumbles
- chives

Maple BBQ Chicken:

- veggie side (we love a slaw)

Asian Chicken:

- veggie side (we love green beans or broccoli)

Balsamic Chicken:

- parmesan cheese
- 1-2 zucchini for zoodles

Spaghetti Squash and Meat Sauce:

- 1 medium spaghetti squash
- Parmesan cheese