

1 **WEEK**

S M T W T F S

4 **PEOPLE**



6 **DINNERS**



12 **INGREDIENTS**



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Chicken quesadillas	BBQ sandwiches	Chicken stir-fry	Taco salads	Chicken bacon ranch wraps	BBQ chicken flatbreads

Grocery Shopping List:

- 48 ounces (6 cups) cooked chicken
- 16 large tortillas
- 4 buns
- 4 cups shredded cheese (cheddar or Monterey jack would work well)
- 28 oz. bottle BBQ sauce
- 2 cans black beans
- 1 24 oz. bottle ranch dressing
- 16 oz. jar sliced pickles
- 2 16 oz. bags of salad mix, shredded lettuce or spinach
- 6 oz. bag of bacon bits
- 24 oz. jar of salsa
- 2 bags of microwavable Teriyaki rice



Other Items:

- _____
- _____
- _____
- _____
- _____
- _____

Don't Forget:

Sides:

- Fresh fruits and vegetables
- Chips
- Applesauce
- Cheese and crackers

Breakfasts:

- Cereal and milk
- Granola bars or oatmeal

Lunches:

- Bread and sandwich fillings

