



## Healthy Chicken Recipes & Salads

Strawberry Caprese with Pistachio Pesto from How Sweet Eats

Slow Cooker Tacos from Real Food by Dad

Lazy Girl Chicken Quinoa Enchiladas from Pinch of Yum

Creamy White Chicken Caprese Lasagna from The Cookie Rookie

Grape Avocado and Arugula Salad from Gimme Some Oven

### Produce

- mangos (4 C, diced)
- red pepper (1/2)
- green onions (1/4 C)
- strawberries (1/2 lb)
- limes (3-4 T juice)
- jalapeno (1 optional)
- cherry tomatoes (12 oz)
- strawberries (12 oz)
- garlic (1 t)
- arugula (6 C)
- grapes, seedless (2 C)
- avocado (1) (optional garnish)
- red onion (1/2)

### Herbs

- chopped cilantro (3/4 C) (garnish)
- basil leaves (handful) (1/4 C)
- mint leaves (1/4 C)

### Dairy

- shredded cheese (2 C)
- ciligine mozzarella balls (8 oz)
- pecorino romano cheese (1/3 C)
- mozzarella cheese, shredded (8 oz)
- parmesan cheese (1/2 C grated)
- cream cheese (1 1/2 package)
- half and half (1 C)
- fresh mozzarella (12 slices)
- crumbled goat cheese (1/2 C)
- sour cream (optional garnish)
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### Pasta & Grains

- quinoa, uncooked (1 C)
- lasagna noodles (12)

### Meat

- chicken (1 lb breasts) (4 breasts)  
(3 C cooked chicken, can be rotisserie)

### Beans

- black beans (14 oz)

### Bread & Tortillas

- 10 inch flour tortillas (10)
- tortillas (your choice, for tacos)

### Nuts

- pistachios (1 C shelled)
- walnuts or pecans (1/2 C)

### Pantry Items

- olive oil (2 T) (1/2 C) (1/3 C)
- artichoke hearts (14 oz)
- chicken or veggie broth (1 1/2 C)
- enchilada sauce (4 C)
- sun dried tomatoes (1/2 C)
- white balsamic vinegar (3 T)
- honey (2 T)