



Eating Healthy Meal Plan // Get Healthy U

Chili Lime Chicken with Cilantro Strawberry Salsa
Chicken Bean and Rice Burrito with Avocado
Summer Squash Pasta with Pesto
Mediterranean Chicken with Potato Noodles
Strawberry Chicken Salad with Poppyseed Dressing

Produce

- spinach leaves (10 oz)
- strawberries (1/2 C) (1 C)
- lemon (2 t juice) (1/2)
- lime (1) (1)
- jalapeno (1)
- avocados (2)
- zucchini (1)
- summer squash (1)
- tomato (1)
- yellow pepper (1)
- red pepper (1)
- mushrooms (8)
- red potatoes (3 medium size)
- garlic cloves (3)
- red onion (1/4 C)

Herbs

- cilantro (1/3 C) (1/4 C)
- basil leaves (1 C) (8 leaves)

Spices

- chili powder (1 T)
- cumin (1/2 t)
- garlic powder (1/2 t)
- paprika (1/4 t) (2 t)
- crushed red pepper (2 t)

Dairy

- greek yogurt (2 T)
- Mexican shredded cheese (1/2 C)
- parmesan cheese (1/3 C)
- feta (2 T)

Pasta & Grains & Seeds

- poppy seeds (2 t)
- brown rice (2 C)

Meat

- chicken breast (1)(2)(2)
- skin-on bone-in thighs (4)

Nuts

- pecans (2 T)
- pine nuts (1/4 C)

Breads

- 8-inch tortillas (10)

Pantry Items

- honey or agave (2 t)
- olive oil (2 t) (1 T) (2 T) (2 T)
- black beans (1 can)
- pesto (1 T)
- artichoke hearts (1/2 jar)
- chicken broth (1 1/2 C)
- black olives (for serving)