

# 5 Healthy Dinners

## Meal Plan Shopping List

### Mexican Chicken Tinga

- Chicken
- Tomatoes-on-the-Vine
- Jalapeno peppers
- Garlic
- Red onion
- Olive oil
- Spices

### Lemon Garlic Chicken

- Chicken
- Cherry Tomatoes
- Sweet onion
- Lemon garlic salad dressing
- Sweet potatoes
- Broccoli

### One Pot Gnocchi Bake

- Butternut squash gnocchi
- Grape Tomatoes
- Orange Bell Pepper
- Yellow Bell Pepper
- Edamame
- Goat cheese
- Soy sauce
- Garlic

### Chicken & White Bean Chili

- Ground chicken
- Tomatoes-on-the-Vine
- Red Bell Pepper
- White kidney beans
- Mushrooms
- Tomato paste
- Garlic
- Maple Syrup
- Spices

### Beef Fajitas

- Beef strips
- Bell Peppers
- Tomatoes-on-the-Vine
- Red onion
- Fajita seasoning
- Avocado oil
- Cheese
- Avocado
- Lime
- Tortillas