
Citrus-Inspired Weekly Meal Plan & Grocery List

Weekly Meal Plan

Monday: Citrus-Asian Slow Cooker Shredded Chicken

Tuesday: Chicken Tacos with Avocado Citrus Salsa

Thursday: Grain Bowls with Chicken, Roasted Veggies and a Creamy Tahini Dressing

Grocery List

- 4 Sunkist oranges (such as Cara Cara, Navel or any seedless variety)
- 1 Sunkist lime
- 1 Sunkist lemon
- 3 ripe avocados
- 1 pound Brussels sprouts
- 2 cups peeled and cubed butternut squash
- 1 garlic clove
- 1 bunch cilantro
- 1 jalapeño
- 3 pounds boneless, skinless chicken breasts
- 2 cups chicken broth - low sodium
- 1/2 cup soy sauce - low sodium
- 1/4 cup rice wine vinegar
- 2 tablespoons hoisin sauce
- 1 tablespoon sesame oil
- 2 teaspoons Chinese five spice powder
- 1 cup uncooked bulgur wheat or quinoa
- 1/4 cup sliced almonds
- 2 tablespoons tahini
- 8 corn tortillas

Pantry Staples

- Olive oil
- Kosher salt
- Pepper
- Garlic

