ALL ABOUT CHICKEN MEAL PLAN

MP Cost $175.45 | 12 Meals | 4-6 servings each | $2.44 per serving

The MP cost assumes you have no supplies or ingredients at home for the meal plan. Go shopping in your pantry first and cross of what you have then go shopping for the rest!

Prices based on Kroger and Whole Foods - Bulk Spices

Vegetables:

- ☐ 2 green pepper
- ☐ 2 red bell pepper
- ☐ 2 cup corn
- ☐ 2 lb broccoli florets
- ☐ 3 large yellow onion
- ☐ 3 head garlic

Fresh ingredients needed for day of cooking:

- ☐ 1 bunch parsley
- ☐ 1 bunch green onion
- ☐ Favorite Taco Toppings

Meat:

- ☐ 24 lbs chicken thighs (2 lbs per recipe)

Fruit:

- ☐ 10 limes
- ☐ 2 lemons

Dairy:

- ☐ 4 tbsp butter (unsalted)
- ☐ parmesan cheese wedge

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Spices (Purchased in Bulk at Whole Foods): $15.86

- ☐ 1 oz black pepper
- ☐ 2 oz chili powder
- ☐ 2.2 oz ground cumin
- ☐ 0.4 oz dill
- ☐ 2.5 oz powdered garlic
- ☐ 1 oz garam masala
- ☐ 0.4 ground ginger
- ☐ 0.2 oz dried oregano
- ☐ 0.2 oz paprika
- ☐ 2 oz dried parsley
- ☐ 0.5 oz crushed red pepper
- ☐ 2 oz sea salt
- ☐ 1 oz taco seasoning
- ☐ 0.7 oz ground turmeric
- ☐ 0.2 oz cayenne pepper

MISC:

- ☐ 8 tbsp olive oil
- ☐ 1 cup plus 4 tbsp tapioca starch
- ☐ 3 cups salsa
- ☐ 10 oz coconut amino
- ☐ 1 cup brown sugar
- ☐ 3 tbsp raw honey
- ☐ 1 cup peanut butter
- ☐ 2 (14.5 oz) can full fat coconut milk
- ☐ 6 tbsp rice wine vinegar
- ☐ 2 tsp white wine vinegar
- ☐ 4 tsp sriracha sauce
- ☐ 4 tsp sesame oil
- ☐ 10 lb uncooked rice (I prefer basmati rice)
- ☐ 3 cup chicken broth
- ☐ 1 cup raw cashews

Supplies:

- ☐ 12 Gallon Freezer Bags
- ☐ 2 Quart Freezer Bags