



WHAT'S COOKING IN K'S KITCHEN

MONDAY

Grilled Yogurt Marinated
Chicken Kebabs
Broccoli
Summer Pasta

TUESDAY

Turkey Bacon Tuesday!
Quesadillas
Pick your Veggie

WEDNESDAY

Slow Cooker Honey
Chicken Thighs
Asparagus (adults)
Sugar snap peas (kids)
Speedy Rice

THURSDAY

Leftovers
Grilled Yogurt Chicken &
Summer Pasta
Salad with Strawberries,
Avocados & Feta

FRIDAY

Pesto Fish
Cauliflower Gnocchi &
Zucchini & String Beans

SATURDAY

Eat @ Beach

SUNDAY

Eat @ Beach

BIG BATCH

Zucchini Bread
Morning Glory Cookies

SHOPPING LIST

Proteins

Talapia
Salmon
Chicken Breasts - 2.5 lbs
Turkey Bacon
Boneless Skinless Chicken Thighs

Produce

Romaine
Tomatoes
Spinach
Carrots
Asparagus
Sugar Snap Peas
Broccoli
Zucchini
String Beans
Peppers
Basil
Strawberries
Avocados
Blueberries
Pineapple
Bananas
Cherries

Other

Feta
Turkey
Yogurt
Shredded Cheese
Eggs

Staples:

Tortillas
Pasta
Applesauce
All Purpose Flour
Oat Flour
Frozen Fast Rice
Cauliflower Gnocchi