

QUINOA AND CHICKEN BOWLS

Grocery List

MAKES A TOTAL OF 6 BOWLS. 3 DIFFERENT RECIPES FOR 2 PEOPLE EACH

MEATS

- 3 large chicken breasts

VEGETABLES

- 2 ears corn or 1/2 cup frozen corn
- 1/2 cup black beans
- 1/2 cup broccoli, roasted
- 1/2 avocado

DAIRY

- 1/4 cup cheddar cheese
- 2 Tbs. sour cream

CANS, BOXES & JARS

- 1/4 cup bbq sauce
- 1/4 cup chunky salsa (or pico de gallo)
- 1 tsp. sriracha sauce
- 2 Tbs. mayo
- Teriyaki sauce
- 2 Tbs. cashews
- 1/4 cup crispy fried onions
- 1 tsp better than bullion or chicken stock (optional)

DRY GOODS

- 3 cups quinoa

PANTRY ITEMS

- olive oil
- salt
- papper
- garlic salt
- 6 garlic cloves

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