



SUN	MON	TUES	WED	THURS	FRI
RECIPE Slow Cooker Chicken	RECIPE BBQ Chicken Pizza	RECIPE Buffalo Chicken Wrap	RECIPE Mediterranean Chicken Salad	RECIPE Chicken Tacos	RECIPE Chicken Salad Sandwiches
DIRECTIONS <ol style="list-style-type: none">Place 4-6 chicken breasts, and 1 cups of chicken stock, broth, or water in your slow cooker.Cover and cook on low for 4-5 hours or on high for 2-3 hours or until the center of the chicken temps at 165°F.Prep chicken for the week's recipes—dice 3-4 breasts, shred the remaining chicken.Cool and store in the refrigerator. <p><i>(Recipes yield: 1 serving. Please adjust recipes as needed. Leftovers should be consumed or frozen within 3-4 of cooking.)</i></p>	DIRECTIONS <ol style="list-style-type: none">Precook your pizza dough according to package.Top crust with 1/2 cup BBQ sauce. Then add 1 cup shredded mozzarella cheese and 1/4 cup thinly sliced red onion.Toss some of your prepped shredded chicken breasts with BBQ sauce and then add to pizza.Add another layer of 1 cup shredded mozzarella cheeseBake 450°F for 10-15 minutes or until golden brown.Top with fresh cilantro, if desired.	DIRECTIONS <ol style="list-style-type: none">Toss some of your prepared diced chicken breasts in buffalo sauce.Add 1/4 cup bleu cheese or shredded cheddar, 1/4 cup shredded carrots, 1/4 cup diced celery, and 1/2 cup slaw mix in a separate bowl and lightly toss in ranch or bleu cheese dressing.Add ingredients to a tortilla, roll like a burrito, and serve.	DIRECTIONS <ol style="list-style-type: none">Toss some of your prepared diced chicken breast in Italian dressing, lemon, or olive oil and vinegar.Chop your romaine, dice a cucumber, a tomato, and a bell pepper, then add to a bowl with Kalamata olives, chickpeas, and feta cheese.Add coated chicken to mixture and drizzle with Italian dressing, lemon, or olive oil and vinegar.Serve.	DIRECTIONS <ol style="list-style-type: none">Add some of your prepared shredded chicken breasts to a pan with taco seasoning and water. Cook on low until reheated.Stuff soft tortillas or hard taco shells with the chicken meat and your favorite taco toppings, such as shredded lettuce, diced tomato, avocado, or mango, black beans, salsa, sour cream, and shredded cheese.	DIRECTIONS <ol style="list-style-type: none">Add some of your prepared shredded chicken breasts to a bowl.Sprinkle chicken with onion powder and a splash pineapple juice.Add mayo to bowl and mix to desired consistency.Add to your mixture some sweet relish, salt, and pepper, to taste.Serve by itself, with crackers, or as a sandwich on bread or a croissant!

GROCERY LIST

Please adjust grocery list according to personal taste preference.

PROTEINS

2 pounds of boneless chicken breasts

PRODUCE

Bell peppers
Black beans
Carrots
Celery
Chickpeas
Cilantro
Cucumber
Kalamata Olives
Lettuce
Mango
Red onions
Slaw mix
Tomatoes

DAIRY

Bleu cheese
Feta cheese
Shredded mozzarella
Shredded cheddar
Sour cream

PANTRY

BBQ sauce
Bread/croissants/crackers
Buffalo sauce
Mayo
Italian dressing
Ranch/bleu cheese dressing

Onion powder
Pineapple juice
Pizza crusts
Salsa
Sweet relish
Taco seasoning
Tortillas



TriState Health