

The Stretch Pantry – chicken Meal Planner

Inspired by the Cook Once Eat Three 3 Stretch Series: Week 1 Stretch That Chicken and get more out of it.

Weekly Meal Schedule

Meal Plan	Type	Main Ingredients	Notes
Meal 1	Dinner or Lunch	Chicken with Spiced Vegetables	Add greens + avocado or nuts
Meal 2	Dinner or Lunch	Chicken Tacos with Cabbage Slaw	Optional: mango salsa or shito
Meal 3	Dinner or Lunch	Chicken & Veggie Soup	Freeze leftovers for upcoming week(s)

Prep Checklist

- Buy or cook 1 or more whole chickens
- Shred breast meat for tacos/salads
- Chop thighs and legs for stews
- Save bones for broth
- Label and store leftovers
- Prepare slaw ingredients: cabbage, carrot, lime, yogurt
- Steam/roast sweet potatoes, carrots, and green plantains
- Organize meals in fridge/freezer

Grocery List

- Whole chicken (or rotisserie)
- Garlic, ginger, and onion
- Thyme, rosemary, oregano
- Suya spice, paprika, cumin, allspice, cinnamon
- Sweet potatoes, carrots, plantains
- Cabbage, carrot, lime
- Yogurt or sour cream
- Grains (brown rice, quinoa)
- Lettuce wraps or tortillas

Notes

- Use the bones of the chicken to make broth for soup or stew.
- Mix and match sauces to vary flavors across the week.
- Suya spice can be bought premade in an African/Caribbean store or online.