

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.