

# The (mostly) Simple Life

make life less complicated & more meaningful

## Super Simple Meal Plan + Grocery List

16 Ingredients = 6 Meals

### Grocery List:

- Boneless Skinless Chicken Breast
- Bacon Bits (the real ones, not the weird fake-o ones)
- Tortillas
- Bread
- Shredded Cheese (cheddar works well for everything, but you can mix it up)
- Deli Sliced Cheese (swiss or pepper jack are my favs)
- Taco Seasoning
- Salsa (buy a jar or get all of the ingredients for [my fresh blender salsa](#))
- Refried Beans
- Sour Cream
- Ranch Dressing
- Mayonnaise
- Pesto
- Lettuce and/or Spinach
- Tomatoes
- Green Pepper

**Special Note:** Almost all of the meals call for the chicken to be already cooked (except for the chicken tacos). I usually either grill a huge batch of chicken or cook it all in the crock pot so that I have cooked chicken ready to go. It's a huge time saver.

## Meal List:

### Chicken Taco Quesadillas

- Cooked Chicken, chopped small or shredded
- Tortillas
- Refried Beans
- Taco Seasoning
- Shredded Cheese
- Salsa and Sour Cream for topping

Spread a layer of refried beans on a tortilla. Sprinkle a small amount of taco seasoning on top of the bean layer. Next, place the pieces of cooked chicken evenly over the tortilla. Finish with a thin layer of shredded cheese and the second tortilla on top.

Heat a pan or griddle on medium heat. If you want, melt a small amount of butter on the pan (it will help make the outside of the quesadilla crispier). Carefully transfer the quesadilla to the pan and heat until golden brown. Then flip it and cook until it's golden brown on the other side and melt-y in the middle.

I use a pizza slicer to cut each quesadilla into four pieces. Serve with salsa and sour cream.



## Chicken Bacon Ranch Wraps

- Cooked Chicken, chopped or shredded
- Tortillas
- Bacon Bits
- Ranch Dressing
- Shredded Cheese
- Lettuce
- Green Pepper
- Tomato

These are so quick and easy!

Start by spreading ranch dressing down the middle of a tortilla. Add the shredded cheese, bacon bits, and chicken. Slice the green pepper and tomato. Add those as well as the lettuce and wrap it up!

(I actually like to add salsa to my wrap too.)



## Salad with Chicken & Veggies

- Spinach and/or Lettuce
- Cooked Chicken, chopped
- Green Pepper, chopped
- Tomato, chopped
- Bacon Bits
- Shredded Cheese
- Ranch Dressing (or whatever dressing you like best)

We like our salads with mostly spinach, but use whatever lettuce combo you like best.

Add all of the toppings and you've got yourself a great salad!



## Chicken Pesto Panini

- Bread
- Cooked Chicken, sliced
- Deli Sliced Cheese
- Pesto
- Mayo
- Tomato, sliced

I prefer my sandwiches warm and cheesy!

For each sandwich, spread the first slice of bread with mayo and pesto. Add a slice of cheese on top of the mayo and pesto so that it melts together all creamy. Place the chicken and tomato on the cheese and top it with the second slice of bread.

Heat the sandwich on each side in a pan or griddle over medium heat. You can also butter the outside of each slice of bread like a grilled cheese before you cook it.



## Chicken Sandwiches

- Bread
- Cooked Chicken, sliced or chopped
- Deli Sliced Cheese
- Ranch Dressing or Mayo
- Lettuce
- Tomato

Put these sandwiches together any way you like. Use ranch dressing or mayo or a bit of both. I like my chicken warmed up but Austin likes his cold.



## Chicken Tacos

- Raw Chicken
- Taco Seasoning
- Green Pepper, sliced
- Refried Beans
- Lettuce
- Tomato
- Shredded Cheese
- Sour Cream
- Salsa



Thinly slice the raw chicken breast.

Cook the chicken in a pan with a bit of oil until done. Add the green pepper to the pan. Sprinkle on the taco seasoning and add a small amount of water. Let it simmer until the water is gone and the green peppers are cooked.

Warm up the refried beans and put your tacos together with all of the toppings.

## Side Dish Options

- Fresh fruits or veggies
- Chips (we love the multigrain chips from Aldi that are like Sun Chips)
- Rice
- Pickles
- Applesauce
- Crackers with Cheese

