

## Maple Dijon Chicken Thigh Meal Prep

GROCERY ITEMS	PANTRY ITEMS
Zucchini, 4 small	Olive oil, 5 Tbsp
Garlic, 1 clove	Salt, 1/4 Tbsp
Boneless skinless chicken thighs, 6 total	Pepper
Carrots, 1 lb	Real maple syrup, 2 Tbsp
Parsley, 1/3 bunch	Soy sauce, 2 tsp
Feta cheese, crumbled, 2 oz	Dried rosemary, 1/2 Tbsp
Lemon juice, 1/2 Tbsp	Ground cumin, 1/2 Tbsp
Orzo, 1 cup	
Dijon mustard, 1/4 cup	

<sup>\*</sup>Remember: Shop your pantry before you shop the store so you know what needs to be restocked and what you already have on hand.