

# CHICKEN MEALS

## Chicken Alfredo

fettuccine noodles  
alfredo sauce  
tenders, seared and cut  
broccoli  
garlicbread

## Stir Fry

rice  
tenders, seared and cut  
bag of stir fry veggies  
side of diced fruit

## Baked Tenders

buttermilk soaked tenders  
covered in flour, fried in butter  
green beans  
roasted red potatoes

## Crockpot BBQ

pkg of chicken thighs  
on low for 6-8 hours  
covered in fave bbq sauce  
lima beans  
dinner rolls

## Chicken/Spinach Salad

giant bed of spinach leaves  
tenders chopped and cut  
diced strawberries and mandarins  
raspberry or balsamic vinaigrette

## Grilled Tenders

tenders in your fave  
marinade, grilled  
fresh pineapple slices, grilled  
grilled asparagus,  
salted and sprinkled with  
parmesan cheese