LOW CARB MEAL PLAN 2 TASTESBETTERFROMSCRATCH.COM

Tastes Better from Scratch™

Monday:
Baked Salmon
$14.86

Tuesday:
One Pan Garlic Parmesan Chicken and Vegetables
$12.48

Wednesday:
Taco Soup
$12.08

Thursday:
Lemon Chicken Piccata
$8.42

Friday:
Asian Chicken Salad
$12.22

Weekly Total: $60.06

Produce

Garlic (11 cloves)
Lemon Juice (2 Tbs.)
Fresh Parsley (optional as garnish)
Lemon (3)
Zucchini (1)
Yellow Squash (1)
Grape Tomatoes (1 cup)
Green Onion (1/4 cup chopped extra optional for Taco Soup)
Avocado (optional)
Cilantro (optional)
Fresh Ginger Root (2 Tbs.)
Green Leafy Lettuce (1 large bunch)
Red Cabbage (2 cups finely chopped)
Cucumber (1/2)
Carrot (1)
Bell Pepper (1 any color)

Bread/Grains

Breadcrumbs (1 cup)
Pasta (for Lemon Chicken Piccata)

Refrigerated

Butter (1 3/4 sticks)
Parmesan Cheese (1 cup)
Sour Cream (optional)
Shredded Cheese (optional)
Egg (1 large)
Heavy Whipping Cream (3/4 cups)

Canned Goods

Low Sodium Chicken Broth (1 1/4 cup)
Crushed Tomatoes (28 oz. can)
Diced Green Chiles (4 oz. can)
Kidney Beans (15 oz. can)
Black Beans (15 oz. can)
Corn (17 oz. can)
Low-Sodium Beef Broth (2 cups)
Mandarin Oranges (1 oz. can)

Meat

Salmon Fillets (1 ½- 2 Lbs.)
Chicken Tenders (10)
Lean Ground Beef (1 Lb.)
Boneless Skinless Chicken Breasts (1 Lb.)

Spices

Salt and Pepper
Cajun Seasoning
Dried Dill (1 Tbs.)
Garlic Powder (1 tsp.)
Italian Seasoning (1 tsp.)
Chili Powder (2 tsp.)
Cumin (1 tsp.)
Oregano (1/2 tsp.)
Paprika (1/2 tsp.)
Onion Powder (1/2 tsp.)

Pantry Staples

Honey (1 tsp.)
Olive oil (1 cup)
All Purpose Flour (1/4 cup)
Soy Sauce (¼ cup)
Red Wine Vinegar (1/4 cup)

Other

Tortilla Chips or Fritos (optional)
Sriracha Hot Sauce (1/2- 1 tsp.)
Capers (1/4 cup)
Hoisin Sauce (2 Tbs.)
Sesame Oil (1 Tbs.)
Sliced Almonds (1/2 cup)