



MONDAY



Cajun Chicken Pasta
\$8.18

TUESDAY



Mini Meatloaf
\$11.54

WEDNESDAY



Hawaiian Bowls
\$16.62

THURSDAY



Cheese Enchiladas
\$9.38

FRIDAY



Pad Thai
\$12.64

Estimated Total: \$66.21

Produce:

- Bell Peppers (2)
- Cabbage (1 cup)
- Fresh Bean Sprouts (1 cup)
- Cilantro (1/2 cup)
- Garlic (7 cloves)
- Green Onions (3)
- Limes (2)
- Onion (1/2 cup)
- Pineapple (1/2)
- Red Bell Pepper (1)
- Red Onion (1)
- Roma Tomato (1)
- Zucchini (2)
- Fresh Vegetables if desired*

Seasonings:

- Cajun Seasoning (2 tsp)
- Chili Powder (1 1/2 tsp)
- Red Pepper Flakes (1/4 tsp)
- Garlic Powder (1/2 tsp)
- Ground Ginger (3/4 tsp)
- Nutmeg (1/2 tsp)
- Salt & Pepper

Pantry:

- All Purpose Flour (1 1/2 cup)
- Baking Powder (1 tsp)
- Baking Soda (1 tsp)
- BBQ Sauce (1 Tbsp)
- Chocolate Chips (2 cups)
- Coconut Rice (1 batch)
- Cornstarch (2 tsp)
- Creamy Peanut Butter (2 Tbsp)
- Dijon Mustard (2 tsp)
- Dry Roasted Peanuts (1/2 cup)
- Fish Sauce (3 Tbsp)
- Sugar (1/2 cup)
- Honey (1 Tbsp)
- Ketchup (1/2 cup)
- Light Brown Sugar (6 Tbsp + 1 3/4 cup)
- Low Sodium Soy Sauce (1/2 cup + 1 Tbsp)
- Mustard (1 Tbsp)
- Oil (3 Tbsp)
- Old-Fashioned Rolled Oats (2 cups)
- Rice Vinegar (4 Tbsp)
- Sesame Oil (1 Tbsp)
- Sriracha Hot Sauce (1 Tbsp)
- Vanilla Extract (2 tsp)

Bread & Grains:

- Farfalle Pasta (8 oz)
- Flat Rice Noodles (8 oz)
- Panko Bread Crumbs (2/3 cup)
- White Corn Tortillas (12)

Refrigerated:

- Butter (1 cup + 2 Tbsp)
- Cream Cheese (4 oz)
- Cotija Cheese (1/4 cup)
- Eggs (5)
- Parmesan Cheese (3/4 cup)
- Milk (1 cup)
- Shredded Cheddar Cheese (5 cups)
- Sour Cream (Enchiladas)*

Protein:

- Chicken Breasts (1 lb)
- Chicken Tenders (6)
- Lean Ground Beef (1 1/2 lb)
- Uncooked Shrimp, chicken, or extra-firm tofu (8 oz)

Canned Goods:

- Red Enchilada Sauce (20 oz)

DESSERT



Oatmeal Cookie Bars
\$7.85



Want to swap out a recipe or add a side? Add this meal plan to your collection! **Register** for a free account or **login** to get started!