



MONDAY



Marinated Flank Steak
\$22.91

TUESDAY



Parmesan Chicken and Vegetables
\$12.48

WEDNESDAY



Chicken Enchilada Soup
\$12.46

THURSDAY



Slow Cooker Creamy Ranch Pork Chops
\$12.53

FRIDAY



Asian Chicken Salad
\$12.22

Estimated Total: \$72.60

Produce:

Bell Pepper (2)
Carrots (3)
Celery (2 ribs)
Cilantro (1/2 cup)
Chopped Red, Green or Napa Cabbage (2 cups)
English Cucumber (1/2)
Ginger (2 Tbsp)
Parsley
Garlic (5 cloves + 1 Tbsp + 2 tsp)
Grape Tomatoes (1 cup)
Green Onion (2)
Head Romaine or Green Leafy Lettuce (1 large)
Onion (1 medium)
Yellow Squash (1)
Zucchini (1)
Avocado

Protein:

Chicken Breasts (2)
Chicken Tenders (6)
Flank Steak (1)
Pork Chops (4)
Chicken Thighs (4)

Refrigerated:

Parmesan Cheese (1 cup)
Heavy Whipping Cream (1/2 cup)
Milk (1 cup)
Shredded Cheddar or Pepper Jack Cheese
Sour Cream

Pantry:

Chicken Boullion Cubes (2)
Crunch Chow Mein Noodles or Wonton Strips (handful)
Hoisin Sauce (2 Tbsp)
Low-Sodium Soy Sauce (1 1/4 cup)
Oil (1 cup)
Olive Oil (3 Tbsp + 2/3 cup)
Peach Juice (1 cup)
Plain Breadcrumbs (3/4 cup)
Red Wine Vinegar (1/4 cup)
Sesame Oil (1 Tbsp)
Sliced Almonds or Cashews (1/2 cup)
Sriracha Hot Sauce (1/2 tsp)

Bread & Grains:

Yellow Corn Tortillas (5 - 6 inch)

Canned Goods:

Black Beans (1 can)
Cream of Chicken Soup (10.50 oz can)
Cream of Mushroom Soup (10.50 oz can)
Diced Green Chiles (4 oz can)
Diced Tomatoes (14.50 oz can)
Low-Sodium Chicken Broth (6 cups)
Mandarin Oranges (11 oz can)

Seasonings:

Chili Powder
Cumin
Basil
Dried Dill
Minced Onion
Oregano Leaves
Parsley Flakes
Garlic Powder
Ground Coriander
Italian Seasoning
Onion Powder
Paprika
Salt & Pepper

**Tastes Better
from Scratch™**

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