



MONDAY



Pork Tenderloin
\$15.60

TUESDAY



Turkey Lettuce Wraps
\$12.13

WEDNESDAY



Chicken Caprese
\$14.27

THURSDAY



Cajun Chicken and Sausage Kebobs
\$14.40

FRIDAY



Spring Rolls
\$28.76

Estimated Total: \$85.16

Produce:

Bell Peppers (3)
Boston Bib Lettuce (1 head)
Carrot (1 large)
English Cucumber (1 large)
Basil (1 bunch)
Cilantro (1 bunch)
Ginger Root (2 tsp)
Mint Leaves (1 bunch)
Garlic (1 clove)
Green Onion (2)
Mangos (2)
Red Bell Pepper (1)
Red Onion (1 pepper + 1/3 cup)
Roma Tomatoes (2)
Zucchini (1)

Protein:

Andouille Sausages (12 oz package)
Chicken Breasts (1 lb + 3 breasts)
Ground Chicken or Turkey - Lettuce Wraps (1 lb)
Pork Tenderloin (2)
Small Cooked Shrimp (1 lb)

Refrigerated:

Mozzarella Cheese (8 oz)

Bread & Grains:

Spring Roll Rice Wrappers (1 package)
Vermicelli Noodles (1 package)

Seasonings:

Cayenne Pepper
Red Pepper Flakes
Basil
Oregano Leaves
Thyme
Garlic Powder
Onion Powder
Paprika
Salt & Pepper

Canned Goods:

Water Chestnuts (1 cup)

Pantry:

Balsamic Vinegar (1/3 cup)
Cornstarch (1 tsp)
Sugar (2 tsp)
Hoisin Sauce (2 Tbsp + 1/2 tsp)
Light Brown Sugar (2 Tbsp)
Low-Sodium Soy Sauce (6 Tbsp + 1/2 tsp)
Olive Oil (2 tsp + 3 Tbsp)
Peanut Butter (1/3 cup)
Rice Vinegar (3 Tbsp)
Sesame Oil (3 tsp)
Sweet Chili Sauce (3/4 cup)
Sriracha Hot Sauce
Your Favorite Pork Tenderloin Marinade or Rub

**Tastes Better
from Scratch™**

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!