



## MONDAY



**Salmon**  
\$14.85

## TUESDAY



**Taco Soup**  
\$12.08

## WEDNESDAY



**Slow Cooker Ribs**  
\$24.42

## THURSDAY



**Apple Pecan Salad**  
\$21.64

## FRIDAY



**Cashew Chicken  
Lettuce Wraps**  
\$8.83

Estimated Total: \$81.82

### Produce:

Avocado  
Corn (17 oz. fresh or canned)  
Parsley  
Lemon Slices  
Lemon Juice (4 Tbsp)  
Lemon Zest (2 tsp)  
Grated Ginger (1/2 tsp)  
Fuji Apples (1)  
Garlic (15 cloves)  
Green Leafy Lettuce (1 head)  
Green Onion (5)  
Lettuce (2 heads)

### Protein:

Pork Ribs (1 rack)  
Bacon (5 slices)  
Chicken Breasts (2 lb)  
Cooked Chicken (1 lb)  
Lean Ground Beef (1 lb)  
Salmon Fillets (1 1/2 lb)

### Bread & Grains:

Tortilla Chips or Fritos (for serving - optional)

### Refrigerated:

Butter (1/2 cup + 3 Tbsp)  
Shredded Cheese  
Sour Cream

### Pantry:

Balsamic Vinegar (1 Tbsp)  
BBQ Sauce (32 oz)  
Chopped Pecans (1/2 cup)  
Cornstarch (2 Tbsp)  
Dijon Mustard (1 Tbsp)  
Hoisin Sauce (1/4 cup)  
Honey (1 tsp)  
Light Brown Sugar (1 tsp)  
Low Sodium Soy Sauce (2 Tbsp)  
Olive Oil (1/2 cup)  
Rice Vinegar (1 Tbsp)  
Sesame Oil (2 tsp)  
Sriracha Hot Sauce (3 tsp)  
Unsalted Cashews (3/4 cup)

### Canned Goods:

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

### Seasonings:

Cajun Seasoning  
Chili Powder  
Cumin  
Dried Dill Weed  
Dried Oregano  
Garlic Powder  
Onion Powder  
Paprika  
Salt & Pepper

**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!