HEALTHY MEAL PLAN

4

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
Chicken Caprese with Green Salad $14.27	**Crispy Southwest Wrap** $14.18	**Asain Chicken Salad** $12.22	**Roasted Tomato Basil Soup** $18.73	**Chicken Caesar Wraps** $14.65

Estimated Total: $74.05

Produce:

Bell Pepper (1)
Carrot (1)
Cherry Tomatoes (2/3 cup)
Cilantro (1/2 cup)
Chopped Red, Green or Napa Cabbage (2 cups)
Corn (1 cup)
English Cucumner (1/2)
Basil Leaves (2 cups)
Chopped Ginger (2 Tbsp)
Garlic (6 cloves)
Green Onion (3)
Head Romaine or Green Leafy Lettuce (1 large)
Red Bell Pepper (1/2)
Red Onion (1/3)
Ripe Plum Tomatoes (3 lbs)
Roma Tomatoes (2)
Romaine Lettuce (3 cups)
Yellow Onion (2)
Your favorite green salad

Canned Goods:

Black Beans (15 oz. can)
Low-Sodium Chicken Broth (4 cups)
Mandarin Oranges (11 oz. can)
Whole Plum Tomatoes (28 oz. can)

Pantry:

Balsamic Vinegar (1/3 cup)
Caesar Salad Dressing (1/2 cup)
Croutons (1/2 cup)
Chow Mein Noodles or Wonton Strips (handful)
Extra Virgin Olive Oil (1/4 cup + 2 Tbsp)
Hoisin Sauce (2 Tbsp)
Light Brown Sugar (2 Tbsp)
Low-Sodium Soy Sauce (1/4 cup)
Olive Oil (1/4 cup + 2 Tbsp)
Red Wine Vinegar (1/4 cup)
Sesame Oil (1 Tbsp)
Sliced Almonds or Cashews (1/2 cup)
Sriracha Hot Sauce (1/2 tsp)

Protein:

Boneless Skinless Chicken Breasts (5)
Cooked Chicken (2 cups)
Ground Beef (1 lb)

Bread & Grains:

Cooked Rice (1 cup)
Flour Tortillas (11 large)

Refrigerated:

Butter (2 Tbsp)
Mozzarella Cheese (8 oz)
Parmesan Cheese (1/4 cup)
Cheddar Cheese (1 1/2 cups)
Sour Cream (1/2 cup)
Optional Garnishes: Grated Parmesan, Fresh Basil

Seasonings:

Chili Powder
Red Pepper Flakes
Cumin
Basil
Oregano Leaves
Thyme
Garlic Powder
Salt & Pepper

Tastes Better from Scratch™

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PREP INSTRUCTIONS

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BREAKFAST IDEAS

- Healthy Breakfast Smoothie
- Breakfast Quesadillas
- Bran Muffins

LUNCH IDEAS

- Fresh Spring Rolls
- Apple Pecan Salad
- Roasted Butternut Squash Salad
- Turkey Club Wraps

SNACK IDEAS

- Healthy Banana Bread Muffins
- Energy Balls

MONDAY

Chicken Caprese with Green Salad



- Cut onion, tomatoes, and basil.

TUESDAY

Crispy Southwest Wrap



- Cook rice and shred cheese.
- Prepare filling and refrigerate until ready to assemble.

WEDNESDAY

Asian Chicken Salad



- Marinade the chicken.
- Make dressing.
- Chop the salad ingredients.
- When it is time to eat just grill the chicken and toss the salad with the dressing.

THURSDAY

Roasted Tomato Basil Soup



- Can be made completely in advance and stored in the refrigerator for up to 3 days.

FRIDAY

Chicken Caesar Wraps



- Prepare vegetables.
- Cook chicken (if needed)