



MONDAY



Burger with Lettuce Wraps
\$12.27

TUESDAY



BBQ Chicken Bowl (cauliflower or broccoli rice)
\$14.70

WEDNESDAY



Chicken Fajita Soup
\$14.05

THURSDAY



Thai Basil Beef
\$13.45

FRIDAY



Lemon Chicken Piccata
\$11.93

Estimated Total: \$66.40

Produce:

Avocado (2)
Beefsteak Tomato (1)
Bell Pepper (1)
Red Bell Pepper (1 1/2)
Corn (3 ears)
Cilantro (1/2 cup)
Ginger (1 Tbsp)
Garlic (9 cloves)
Lemons (2)
Lettuce Leaves (6 - more if substituting hamburger buns)
Onion (1 onion + 1/2 cup)
Red or White Onion (1/2)
Shallots (2)
Zucchini (1)
Spaghetti Squash, Cauliflower rice or puree, or spiralized noodles (for lemon chicken piccata)

Refrigerated:

Butter (2 Tbsp)
Buttermilk (1/4 cup)
Cheddar Cheese (6 slices)
Egg (1 large)
Frozen Corn (1 cup)
Heavy Whipping Cream (3/4 cup)
Plain Greek Yogurt (1/4 cup)

Bread & Grains:

Breadcrumbs (optional 1/4 cup)
Buns (6 or lettuce)
Long-Grain White Rice (1 1/2 cup - or substitute for cauliflower rice)
Tortillas (optional - can use corn)

Pantry:

Flour (1/4 cup)
Asian Garlic Chili Paste (2 Tbsp)
BBQ Sauce (1 cup)
Brown Sugar (2 1/2 tsp)
Capers (1/4 cup)
Cornstarch (1 tsp)
Fish Sauce (2 Tbsp)
Honey (1 Tbsp)
Low Sodium Soy Sayce (6 Tbsp)
Mayonnaise (1/3 cup)
Oil (2 Tbsp)
Olive Oil (3 Tbsp)
Oyster Sauce (3 tsp)
Pickle Slices (6)
Vegetable Oil (2 Tbsp)

Protein:

Chicken Breasts (2 lb)
Chicken Breast Halves (4)
Ground Chunk (80/20) Lean Ground Beef (2 1/2 lbs)

Canned Goods:

Black Beans (30 oz)
Chipotle in Adobo Sauce (1 can)
Diced Tomatoes with Green Chilies (14.5 oz can)
Low-Sodium Beef Broth (1/2 cup)
Low-Sodium Chicken Broth (9 cups)

Seasonings:

Basil Leaves (1 cup)
Cayenne Pepper
Chili Powder
Dried Dill Weed
Oregano
Parsley
Garlic Powder
Cumin
Onion Powder
Paprika
Smoked 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!