



## MONDAY



**White Chicken Chili**  
\$19.02

## TUESDAY



**Hawaiian Haystacks**  
\$10.66

## WEDNESDAY



**Easy Roast Chicken**  
\$15.28

## THURSDAY



**Ground Beef Tacos**  
\$11.15

## FRIDAY



**Thai Quinoa Salad**  
\$9.07

Estimated Total: \$65.18

### Produce:

Baby Red Potatoes (1 1/2 lb)  
Carrots (1 cup shredded + 3-4 large)  
Corn (1 cup)  
Edamame (1 cup)  
Cilantro (1/2 cup)  
Rosemary (2 sprigs)  
Grated Ginger (2 tsp)  
Garlic Cloves (2)  
Green Onions (2)  
Lemon (1)  
Lime (1/2 small)  
Onion (1)  
Red Bell Pepper (1)  
Red Cabbage (1 heaping cup)  
Red Onion (1/4 cup)  
Roma Tomatoes (1-2)  
Romaine Lettuce (2 cup)  
Yellow Onion (1 small)

### Refrigerated:

Butter (7 Tbsp)  
Milk (2 1/2 cups)  
Shredded Cheddar Cheese (1 cup + extra for toppings)  
Sour Cream or Plain Greek Yogurt (1 1/2 cups)

### Canned Goods:

Black Beans (1 - 15 oz can)  
Diced Green Chilies (2 - 4 oz cans)  
Great Northern Beans (2 - 15 oz cans)  
Low-Sodium Chicken Broth (2 1/2 cups)

### Pantry:

Cashews 1/2 cup  
Chicken Bouillon Paste (2 tsp)  
Cornstarch (3 Tbsp + 1 tsp)  
Creamy Peanut Butter (1/4 cup)  
Honey (1 Tbsp)  
Low Sodium Soy Sauce (3 Tbsp)  
Olive Oil (1 Tbsp + 1 tsp)  
Red Wine Vinegar (1 Tbsp)  
Sesame Oil (1 tsp)  
Sriracha Hot Sauce (1 tsp)  
Vegetable Oil (if frying corn tortillas)

### Optional Toppings: (Hawaiian Haystacks)

Chow Mein Noodles, Sliced Olives, Green Onion, Tomatoes, Toasted Coconut, Peas, Celery, Bell Peppers, Slivered Almonds, Pineapple.

### Optional Toppings: (Tacos)

Guacamole, Pico, Cheese, Jalapeno, Pickled Onion, Cotija Cheese, Olives

### Protein:

Chicken (1 whole chicken)  
Chicken (3 cups + 2 heaping cups)  
Lean Ground Beef (1 lb)

### Bread & Grains:

Corn Tortillas (12)  
Quinoa (3/4 cup)  
Hot Cooked Rice (sub for cauliflower rice)  
Tortilla Chips (optional for soup)

### Seasonings:

Cayenne Pepper  
Chili Powder  
Oregano  
Garlic Powder  
Cumin  
Kosher Salt  
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!