



Estimated Total: \$79.99

Produce:

Carrots (2 large)
Cauliflower (1 head)
Celery (3 ribs)
Cilantro (1 1/2 cup)
Parsley (2 Tbsp)
Lemon Juice (2 tsp + 1/4 cup)
Minced Ginger (2 Tbsp)
Garlic (8 cloves)
Onion (1 + 1/4 cup)
Red Onion (1/4 cup)
Romaine Lettuce (1 head)
Optional for Calzone: (mushrooms, pineapple, peppers, jalapeno, onion)

Pantry:

All-Purpose Flour (1 cup + 4 Tbsp)
Baking Soda (Pinch)
Coconut Oil (2 Tbsp)
Corn Flakes Cereal (4 1/2 cups)
Cornstarch (1 tsp)
Sugar (1 Tbsp)
Mayonnaise (1 cup)
Mustard (2 tsp)
Oil (2 Tbsp)
Onion Soup Mix (1 envelope)
Ritz Crackers (1/2 cup)
Worcestershire Sauce (1/2 tsp)
Pizza Dough (2 lbs or homemade)

MONDAY



Chickpea Curry
\$14.89

TUESDAY



Tuna Noodle Casserole
\$7.63

WEDNESDAY



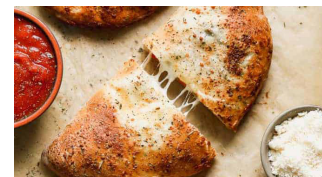
Baked Popcorn Chicken with Cauliflower Salad
\$22.55

THURSDAY



Beef Noodle Soup
\$29.29

FRIDAY



Calzone
\$5.63
(price doesnt include fillings)

Canned Goods:

Canned Albacore White Tuna (5 oz)
Chickpeas (2 - 16 oz cans)
Cream of Mushroom Soup (10.5 oz can)
Low-Sodium Beef Broth (8 cups)
Low-Sodium Chicken Broth (14.5 oz can)
Tomato Paste (2 Tbsp)
Pizza Sauce
Fire-roasted Tomatoes (2 - 14 oz can)
Unsweetened Coconut Milk (13.5 oz can)

Refrigerated:

Butter (5 Tbsp)
Eggs (2 large)
Grated Parmesan Cheese (1 cup + 2 Tbsp)
Frozen Peas (3/4 cup)
Milk (1 1/4 cup)
Shredded Mozzarella Cheese (2 cups)
Whole Egg (1)
Raita or Tzatziki

Bread & Grains:

Egg Noodles (24 oz)
Hot Cooked Basmati Rice
Medium-size Shell Pasta (8 oz)
Naan Bread

Protein:

Beef Roast (2 lbs)
Boneless Skinless Chicken Breasts (2 lbs)
Cooked Bacon (8 slices)
Optional for Calzones (chicken, pepperoni, sausage, canadian bacon)

Seasonings:

Basil
Dill Weed
Thyme
Garam Masala
Mustard Seed
Garlic Powder
Ground Coriander
Whole Cumin Seeds
Nutmeg
Paprika
Italian Seasoning
Rosemary
Red Pepper Flakes
Salt & Pepper
Sea Salt
Turmeric

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from Scratch™**

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Meal Plan 118

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- French Toast Casserole
- Green Smoothie
- Cinnamon Apple Overnight Oats

LUNCH IDEAS

- French Dip Sandwich
- Avocado Chicken Salad
- Lettuce Wraps
- Shredded Chicken Taco Salad with Chipotle Ranch Crema

SNACK IDEAS

- Bread Pudding
- Blistered Shishito Peppers
- Energy Balls

MONDAY

Chickpea Curry



- This easy chickpea curry is great to make ahead of time and just reheat. Keep rice and curry in separate containers in the fridge for up to 5 days.

TUESDAY

Tuna Noodle Casserole



- Cook the noodles, sauté the vegetables, and make the sauce. Store everything separately until ready to assemble, and bake.

WEDNESDAY

Baked Popcorn Chicken & Salad



- All you need to do is coat the chicken pieces in the flour, cover and refrigerate for up to 24 hours. The dressing can be made up to 5 days ahead of time. We suggest making it the night before you serve the salad. You could also toss the entire salad with dressing, besides the lettuce, the day before. Add in the lettuce just before serving.

THURSDAY

Beef Noodle Soup



- Make the soup up until adding the noodles. Store in an airtight container in the fridge then reheat on the stovetop and add the uncooked noodles.

FRIDAY

Calzone



- If making homemade pizza dough, it can be made up to 3 days in advance and refrigerated. Chop and prepare filling ingredients up to 3 days in advance, depending on freshness of ingredients. Pizza sauce if making homemade can be made 1 week ahead.