



MONDAY



Carne Asada Tacos
\$18.89

TUESDAY



**Pork Tenderloin with
Roasted Vegetables**
\$27.06

WEDNESDAY



Pink Sauce Pasta
\$12.44

THURSDAY



Fajita Bowl
\$15.84

FRIDAY



Chicken Tetrazzini
\$8.92

Estimated Total: \$83.15

Produce:

Butternut Squash (1 small)
Corn (1 cup)
Basil Leaves (1 cup)
Broccoli Florets (2 cups)
Cilantro (1 1/2 cup)
Parsley (1/3 cup)
Cremini Mushrooms (8 oz)
Garlic (20 cloves)
Green Bell Pepper (1)
Limes (3)
Yellow Onion (1/2)
Orange (1/2)
Red Bell Pepper (2)
Red Onion (1 1/2 onion + 1/2 cup)
Celery Ribs (2)
Shallot (1)
Yellow Squash (1)
Zucchini (1)
Optional: Avocado

Refrigerated:

Butter (1/2 cup + 2 Tbsp)
Mozzarella Cheese (1 cup)
Parmesan Cheese (1 1/2 cup)
Heavy Cream (1 1/4 cup)
Milk (2 cups)
Sour Cream (3/4 cup)

Canned Goods:

Black Beans (15 oz)
Low-Sodium Chicken Broth (4 cups)
Chipotle Chilies in Adobo Sauce (1)
Whole Peeled Tomatoes (29 oz)

Pantry:

All-Purpose Flour (1/4 cup)
Chicken Bouillon Paste (1 tsp)
Dry White Wine (1/4 cup)
Honey (1 Tbsp)
Oil (2 Tbsp + 1 1/2 tsp)
Olive Oil (1/3 cup + 3 Tbsp)
White Vinegar (2 Tbsp + 1 1/2 tsp)
White Wine (1/4 cup)
Pico de Gallo
Valentina Hot Sauce
Liquid Smoke
Pork Tenderloin Marinade or Rub

Protein:

Boneless Skinless Chicken Breasts (1 lb)
Cooked Chicken (1 1/2 cups)
Flank Steak (1 1/2 lb)
Pork Tenderloin (2)

Bread & Grains:

Linguine Noodles (1 lb)
Long-Grain White Rice (1 1/2 cups)
Mexican Rie
White Corn Tortillas (10)
Rigatoni (1 lb)

Seasonings:

Cayenne Pepper
Cumin
Chili Powder
Dried Basil
Dried Oregano Leaves
Garlic Powder
Lawrys Seasoned Salt
Paprika
Herbes de Provence
Salt & Pepper
Red Chili Flakes

**Tastes Better
from Scratch™**

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Meal Plan 119

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Lemon Blueberry Pancakes
- Croque Monsieur
- Spinach and Bacon Quiche

LUNCH IDEAS

- Tuna Melt
- Chicken Caesar Wrap
- Chick-fil-a Chicken Sandwich Copycat

SNACK IDEAS

- Vanilla Protein Shake
- Banana Bread
- Homemade Fruit Pops

MONDAY

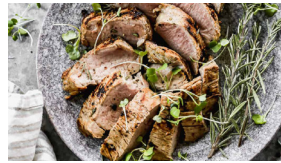
Carne Asada Tacos



- Marinate the the steak (2-5 hours)
- Mexican rice can be made ahead of time and stored in the fridge until ready to serve.

TUESDAY

Pork Tenderloin w/ Roasted Vegetables



- Marinate the pork 2 to 24 hours ahead of time.
- Vegetables can be chopped and stored in a ziplock bag in the fridge until ready to cook.

WEDNESDAY

Pink Sauce Pasta



- Make the sauce ahead of time, but don't store the sauce and cooked pasta separately in the fridge. Add the sauce to a saucepan to rewarm and then stir in the pasta.

THURSDAY

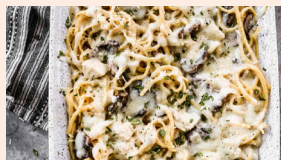
Fajita Bowl



- Chicken and rice can be made ahead of time and stored in an airtight container for (1-3 days chicken).

FRIDAY

Chicken Tetrazzini



- Sauté the vegetables and cook the sauce. Store the sauce and cooked pasta separately in the fridge, and then combine when ready to bake.