



**MONDAY**



**Kung Pao Chicken**  
\$13.86

**TUESDAY**



**Quinoa Burger**  
\$17.38

**WEDNESDAY**



**Baked Tacos**  
\$16.26

**THURSDAY**



**Chicken Caprese**  
\$14.27

**FRIDAY**



**Meatball Subs**  
\$18.18

Estimated Total: \$79.95

**Produce:**

- Avocado (1)
- Baby Arugula (1 1/2 cup)
- Basil (optional)
- Spinach Leaves (1/2 cup)
- Grated Ginger (1 tsp)
- Garlic (1 clove)
- Green Onion (2)
- Onion (2)
- Red Bell Pepper (1 1/2 cup)
- Red Onion (1/3 cup)
- Roma Tomatoes (4)
- Romaine Heart (1)
- Tomato (1)

**Canned Goods:**

- Crushed Tomatoes (28 oz can)
- Low-Sodium Beef Broth (1/4 cup)
- Low-Sodium Chicken Broth (1/2 cup)
- Pinto Beans (16 oz can)
- Tomato Sauce (8 oz)

**Protein:**

- Chicken Breasts (3 breasts + 1 1/2 lbs)
- Lean Ground Beef (2 lbs)

**Refrigerated:**

- Egg (3 large)
- Egg Whites (1 large)
- Mozzarella Cheese (8 oz)
- Plain Greek Yogurt (1/4 cup)
- Provolone Cheese (15 slices)
- Shredded Cheddar Cheese (1 1/2 cup)

**Pantry:**

- Whole Dried Szechuan Peppers (6)
- All-Purpose Flour (3/4 cup)
- Balsamic Vinegar (1/3 cup)
- Chili Paste with Garlic (2 tsp)
- Cornstarch (3 tsp)
- Dry Roasted Peanuts (1/2 cup)
- Sugar (4 1/4 tsp)
- Light Brown Sugar (2 Tbsp)
- Low-Sodium Soy Sauce (1/4 cup + 1 tsp)
- Olive Oil (5 Tbsp)
- Red Wine Vinegar (2 tsp)
- Rice Vinegar (3 Tbsp)
- Sesame Oil (2 tsp)
- Your Favorite Sauce (ketchup, ranch, etc)
- Optional: Sour Cream, Salsa

**Bread & Grains:**

- Cooked Brown Rice (For Serving)
- Cooked Quinoa (1 cup)
- Hoagies or Sub Rolls (5)
- Hot Cooked Rice (3 cups)
- Panko Bread Crumbs (1/2 cup)
- Saltine Crackers (1/2 cup)
- Taco Shells (20 hard)
- Whole Wheat Buns (5)

**Seasonings:**

- Chili Powder
- Crushed Red Pepper Flakes
- Cumin
- Basil
- Oregano
- Oregano Leaves
- Parsley Flakes
- Garlic Powder
- Garlic Salt
- Cumin
- Paprika
- Salt & Pepper



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!

# Meal Plan 121

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- Poached Egg
- Belgian Waffles
- Healthy Chocolate Muffins

### LUNCH IDEAS

- Buffalo Chicken Wrap
- Chile Verde Soup
- Tuna Pasta Salad

### SNACK IDEAS

- Healthy Banana Bread Muffins
- Buffalo Chicken Stuffed Bread
- Healthy Frozen Yogurt

MONDAY

#### Kung Pao Chicken



- The kung pao sauce and marinade can be prepped ahead of time and kept in an airtight container in the fridge. You can leave the chicken in the marinade for up to 4 hours.

TUESDAY

#### Quinoa Burger



- Make the quinoa burger patties and store them, uncooked and covered, in the fridge up to 2 days ahead of time.

WEDNESDAY

#### Baked Tacos



- The taco meat filling can be made 2-3 days in advance (depending on the freshness of your ingredients), stored in the fridge. When ready to use, fill tacos and bake as instructed. Assembled tacos, in the shells, will keep for a few hours stored in covered in the refrigerator (the taco shells will start to soften too much if assembled for longer than a few hours before baking).

THURSDAY

#### Chicken Caprese



- Can be made ahead of time and stored in an airtight container in the refrigerator for up to 3 days.

FRIDAY

#### Meatball Subs



- The homemade meatballs and the sauce can both be made in advance and kept in the fridge for 2 days.