



MONDAY



Spaghetti Pie
\$5.41

TUESDAY



Egg Salad Sandwich
\$2.08

WEDNESDAY



Green Curry Meatballs
\$11.18

THURSDAY



Garlic Ranch Chicken Pizza
\$10.31

FRIDAY



Turkey Burger
\$6.64

Estimated Total: \$35.62

Produce:

Cilantro (1/3 cup)
Basil Leaves (1/4 cup)
Grated Ginger (2 tsp)
Garlic (7 cloves)
Lime (1)
Onion (1/2 cup)
Tomatoes (2)
Toppings: Lettuce, Tomato, Onion, Pickles, Avocado

Refrigerated:

Butter (3 Tbsp)
Cottage Cheese (1 cup)
Egg (3 large)
Grated Parmesage Cheese (1 cup)
Large Hard Boiled Eggs (6 large)
Milk (1/4 cup + 2 1/2 Tbsp)
Shredded Mozzarella Cheese (2 cups)
Sour Cream (2 Tbsp)

Protein:

Bacon (1/2 cup)
Cooked Chicken (1 cup)
Lean Ground Turkey (2 1/2 lb)

Canned Goods:

Marinara Pasta Sauce (1 1/2 cups)

Pantry:

Active Dry Yeast (2 1/4 tsp)
Bread Flour (3 3/4 - 4 cups)
Canola Oil (1 Tbsp)
Cornstarch (1 tsp)
Dijon Mustard (1 Tbsp)
Fish Sauce (3 tsp)
Green Curry Paste (2 tsp + 1 Tbsp)
Ketchup (1 1/2 Tbsp)
Light Brown Sugar (2 tsp)
Old-Fashioned Rolled Oats (1 cup)
Unsweetened Coconut Milk (2 - 15 oz cans)
Granulated Sugar (3 tsp)
Mayonnaise (6 Tbsp)
Olive Oil (5 Tbsp)
White Vinegar (1 tsp)
Worcestershire Sauce (1 tsp)
Yellow Mustard (1 tsp)
Condiments: Ketchup, Mustard, Mayonnaise, BBQ Sauce

Bread & Grains:

Bread Crumbs (1/3 cup)
Buns (4)
Cooked Jasmine Rice (4 cups)
Sandwich Bread (8 slices)
Spaghetti Noodles (8 oz)

Seasonings:

Onion Powder
Dill Weed
Parsley Flakes
Garlic Powder
Garlic Salt
Salt & Pepper

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from Scratch™**

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Meal Plan 122

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Overnight Cinnamon Rolls
- Cherry Clafoutis
- Strawberry Overnight Oats

LUNCH IDEAS

- Avocado Chicken Salad
- Lettuce Wraps
- Turkey Cranberry Almond Wrap
- Pho

SNACK IDEAS

- Snickerdoodle Muffins
- Baked Brie
- Homemade Salsa

MONDAY

Spaghetti Pie



- Make the spaghetti pie completely, but don't bake it. Cover tightly with plastic wrap and refrigerate for several hours, until ready to bake. If you want to prepare it more than 1 day in advance, I would suggest not adding the pasta sauce until right before you bake it (otherwise liquid from the sauce may pool at the bottom of the pan while it sits in the fridge for so long).

TUESDAY

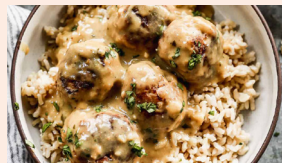
Egg Salad Sandwich



- Sandwich can be made ahead of time and kept in an airtight container in the fridge for up to 5 days, depending on the freshness of the eggs.

WEDNESDAY

Green Curry Meatballs



- Prepare the raw meatballs up to a day in advance, stored in the fridge, or freeze them.

THURSDAY

Garlic Ranch Chicken Pizza



- For the dough: Option 1: Make the dough up until the first rise. Place the dough in an airtight container in the fridge to rise overnight, or for several hours, before rolling it out and pre-baking it.
- Option 2: Completely make the pizza dough, including pre-baking it in the oven for 6 minutes. Top with desired pizza toppings, cover well with plastic wrap and refrigerate for several hours, until ready to bake your pizza.

FRIDAY

Turkey Burger



- Make burger through step 2 of the recipe, just before cooking. Place them on a baking sheet lined with parchment paper and cover them with plastic wrap. Refrigerate for up to 1 day before baking.