



## MONDAY



**Tacos Al Pastor**  
\$23.33

## TUESDAY



**Tomato Basil Pasta**  
\$7.86

## WEDNESDAY



**Clam Chowder**  
\$18.92

## THURSDAY



**Hamburger Gravy**  
\$8.19

## FRIDAY



**Pad Thai**  
\$10.53

Estimated Total: \$68.83

### Produce:

Celery (3 tibs)  
Chopped Onion (1/3 cup)  
Basil Leaves (1 cup)  
Bean Sprouts (1 cup)  
Cilantro (1/2 cup)  
Garlic (15 cloves)  
Green Bell Pepper (1/2)  
Green Onions (3)  
Limes (2)  
Onion (1/4)  
Red Bell Pepper (1 1/2)  
Roma Tomatoes (2 lbs)  
Russet Potatoes (1 1/2 lbs)  
Yellow Onion (1 medium)  
Guajillo Chiles (6)  
Pickled Red Onion (1/2 cup)  
Pineapple Spears (4)

### Refrigerated:

Butter (5 Tbsp)  
Creamy Avocado Salsa  
Eggs (2)  
Grated Parmesan Cheese (1/2 cup)  
Half & Half (1 cup)  
Milk (3 1/2 cups)  
Pineapple or Orange Juice (1/4 cup)

### Pantry:

All-Purpose Flour (1/2 cup + 3 Tbsp)  
Apple Cider Vinegar (1/4 cup)  
Beef Bouillon Paste (2 tsp)  
Creamy Peanut Butter (2 Tbsp)  
Chile de Arbol (1)  
Mexican Oregano (1 tsp)  
Dry Roasted Peanuts (1/2 cup)  
Fish Sauce (3 Tbsp)  
Light Brown Sugar (5 Tbsp)  
Low-Sodium Soy Sauce (1 Tbsp)  
Oil (3 Tbsp)  
Olive Oil (4 Tbsp)  
Red Wine Vinegar (1 Tbsp)  
Rice Vinegar (2 Tbsp)  
Sriracha Hot Sauce (1 Tbsp)  
Sazon Goya (2 packets)

### Protein:

Chicken Breasts (1)  
Ground Beef (1 lb)  
Pork Shoulder (3 lbs)  
Uncooked Shrimp, Chicken or Extra-Firm Tofu (8 oz)

### Bread & Grains:

Corn Tortillas (15)  
Flat Rice Noodles (8 oz)  
Spaghetti Noodles (12 oz)  
For Serving: Hamburger Gravy (mashed potatoes, rice, pasta, biscuits)

### Canned Goods:

Chopped Clams (4- 6.5 oz cans)  
Low-Sodium Chicken Broth (1 cup)

### Seasonings:

Bay Leaves  
Crushed Red Pepper Flakes  
Dried Thyme  
Ground Allspice  
Ground Cloves  
Ground Cumin  
Ground Ginger  
Whole Black Peppercorns  
Ground Sage  
Kosher Salt  
Salt & Pepper

**Tastes Better  
from Scratch™**

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# Meal Plan

## PREP INSTRUCTIONS

**Tastes Better  
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### BREAKFAST IDEAS

- Protein Pancakes
- Green Smoothie
- French Toast Roll-Ups

### LUNCH IDEAS

- Fresh Spring Rolls
- Slow Cooker King Ranch Chicken Soup
- Chicken Caesar Pasta Salad

### SNACK IDEAS

- Potato Skins
- Cowboy Caviar
- Protein Bars

MONDAY

#### Tacos Al Pastor



- The meat for this tacos al pastor recipe can be made hours or a day ahead to help prep this meal ahead of time. You can make the pickled red onions and slice the pineapple ahead of time too.

TUESDAY

#### Tomato Basil Pasta



- Pasta can be made ahead of time and stored in an airtight container for up to 3 days. Reheat when ready to serve.

WEDNESDAY

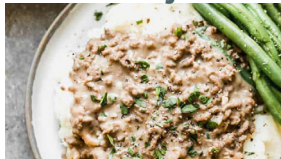
#### Corn Chowder



- The vegetables can all be chopped ahead of time to make dinner time even quicker, or make the entire soup ahead of time and store in refrigerator until ready to eat.

THURSDAY

#### Hamburger Gravy



- Hamburger gravy can be made ahead of time and stored in the refrigerator for up to 5 days. Rewarm in the microwave or stovetop, adding a little milk or broth to thin it as needed.

FRIDAY

#### Pad Thai



- Cut your protein, and chop veggies ahead of time. Stir together sauce ingredients and set aside.