



## MONDAY



**Mexican Pizza**  
\$17.51

## TUESDAY



**Kung Pao Shrimp**  
\$20.41

## WEDNESDAY



**Chicken 40 Cloves  
Garlic**  
\$11.32

## THURSDAY



**Creamy Pesto  
Tortellini**  
\$17.35

## FRIDAY



**Pork Carnitas**  
\$17.97

Estimated Total: \$84.56

### Produce:

Basil Pesto (1/4 cup)  
Cherry Tomatoes (1 1/2 cup)  
Basil Leaves (6)  
Thyme (6 sprigs)  
Grated Ginger (1 tsp)  
Garlic (7 cloves + 3 heads)  
Green Bell Pepper (1)  
Green Onions (8)  
Large Oranges (2)  
Limes (2)  
Onions (3)  
Red Bell Pepper (1)  
Roma Tomatoes (1)

### Refrigerated:

Butter (4 Tbsp)  
Grated Parmesan Cheese (2/3 cup)  
Shredded Cheddar Cheese (2 cup)  
Three Cheese Tortellini (20 oz package)

### Protein:

Chicken Thighs (6)  
Lean Ground Beef (1 lb)  
Pork Shoulder (4 lb)  
Uncooked Shrimp (1 1/2 lb)

### Canned Goods:

Black Olives (6 oz)  
Chicken Stock (1 1/2 cups)  
Low-Sodium Chicken Broth (1/2 cup)  
Red Enchilada Sauce (1 1/4 cup)  
Refried Beans (2 cups)  
Sliced Olives (1/2 cup)

### Pantry:

Caesar Salad Dressing (2/3 cup)  
Chili Paste with Garlic (2 tsp)  
Cornstarch (5 tsp)  
Dry Roasted Peanuts (1/2 cup)  
Sugar (3 tsp)  
Low-Sodium Soy Sauce (2 Tbsp + 1/4 cup)  
Oil (1 Tbsp)  
Taco Seasoning (1 packet or homemade)  
Whole Dried Szechuan Peppers (6)  
Red Wine Vinegar (2 tsp)  
Rice Vinegar (2 Tbsp)  
Sesame Oil (2 tsp)  
Sunflower Seeds (1/3 cup)  
Vegetable Oil (4 Tbsp)  
White Wine (1/2 cup)  
Sichuan Peppercorn (1 tsp)

### Bread & Grains:

Corn Tortillas (20)  
Hot Cooked Rice (3 cups)

### Seasonings:

Bay Leaf  
Chili Powder  
Oregano Leaves  
Garlic Powder  
Cumin  
Salt & Pepper

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from Scratch™**

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# Meal Plan 125

## PREP INSTRUCTIONS

**Tastes Better  
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### BREAKFAST IDEAS

- Japanese Souffle Pancakes
- Torrijas
- Eggs Florentine

### LUNCH IDEAS

- Avocado Chicken Salad
- Lettuce Wraps
- Cuban Sandwich
- Turkey Club Wrap

### SNACK IDEAS

- Chocolate Protein Shake
- Cucumber Onion Salad
- Carrot Muffins

MONDAY

#### Mexican Pizza



- Meat can be made ahead of time and stored in the fridge up to 3 days before heating.

TUESDAY

#### Kung Pao Shrimp



- This recipe can be made ahead of time but tastes the best fresh. To prep ahead saute the peanuts, chop the vegetables and make the sauce - store in the fridge until ready to cook.

WEDNESDAY

#### Chicken 40 Cloves Garlic



- The chicken can be made ahead of time and stored in an airtight container for up to 3 days.

THURSDAY

#### Creamy Pesto Tortellini



- The tortellini can be made ahead of time. Store in the fridge. If it seems to dry after sitting in the fridge (the pasta can absorb a lot of moisture) you can add another spoonful of caesar dressing and/or pesto. Garnish with the remaining parmesan and fresh chopped basil before serving.

FRIDAY

#### Pork Carnitas



- Add everything to the pot, cover and refrigerate for 1-2 days before cooking (depending on the freshness of your ingredients).