



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
from Scratch™**

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).