



MONDAY



Hawaiian Bowls
\$16.62

TUESDAY



Creamy Zuppa Toscana
\$21.58

WEDNESDAY



Black Bean Burger
\$6.90

THURSDAY



Teriyaki Pasta Salad
\$19.74

FRIDAY



Chicken Chimichanga
\$8.52

Estimated Total: \$73.36

Produce:

Zucchini (1)
Bell Peppers (1/2 green)
Pineapple (1/2)
Red Onion (1 small)
Onion (2)
Sweet Onion (2 Tbsp, chopped)
Garlic (6 cloves)
Russet Baking Potatoes (2 large)
Kale (3 cups, chopped)
Baby Spinach (1 lb)
Green Onion (2)

Refrigerated:

Heavy Cream (1 cup)
Egg (1)
Mayonnaise (1 cup)
Shredded Cheese (1 cup)
Any Burger Toppings
Chimichanga Toppings

Protein:

Chicken Breasts (5)
Italian Sausage (1 lb)
Bacon (5 slices)
Cooked Chicken (2 cups)

Canned Goods:

Coconut Milk (13.5 oz can)
Chicken Broth (4 1/2 cups)
Black Beans (16 oz can)
Chipotle Chilies in Adobo Sauce (1 small can or 2 small chilies + 1 Tbsp sauce)
Water Chestnuts (1 small can)
Mandarin Oranges (1 can)
Refried Beans (1 can)
Salsa (1/2 cup)

Pantry:

Light Brown Sugar (3/4 cup)
Honey (1 Tbsp)
Soy Sauce (1/2 cup)
Rice Wine Vinegar (1/2 cup)
Lime Juice (2 tsp)
Canola Oil (1/2 cup)
Coconut (1/2 cup)
Sesame Oil (1 Tbsp)
Dry Roasted Peanuts (1/2 cup)
Cranberries (1/2 cup)
Teriyaki Sauce (1/2 cup of your favorite kind)

Bread & Grains:

Whole Wheat Bread Crumbs (2/3 cup)
Farfalle Pasta (1 lb)
Burger Buns (5)
Flour Tortillas (6 large)
Rice (2 cups white or jasmine)

Seasonings:

Ground Ginger
Chili Powder
Cumin
Oregano
Salt & Pepper

**Tastes Better
from Scratch™**

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Meal Plan 37

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Banana Bundt Cake
- Overnight Breakfast Casserole
- Strawberry Crepes

LUNCH IDEAS

- Chicken Caesar Pasta Salad
- Traditional Potato Salad
- Chick-fil-A Chicken Sandwich

SNACK IDEAS

- Caramel Popcorn
- Beer Bread
- Air Fryer French Fries

MONDAY

Hawaiian Bowl



- This meal can be prepped ahead of time by chopping all of the vegetables, making the teriyaki sauce, and marinating the chicken.

TUESDAY

Creamy Zuppa Toscana



- The entire soup can be made 1-3 days ahead of time, stored in the fridge.

WEDNESDAY

Black Bean Burger



- The black bean burger mixture can be made 1-2 days ahead of time, formed into patties, or not, covered well.

THURSDAY

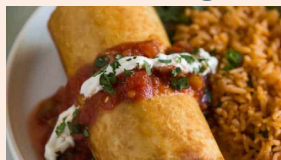
Teriyaki Pasta Salad



- Pasta can be made ahead of time and stored in an air tight container for 1-3 days.

FRIDAY

Chicken Chimichanga



- Cook the chicken and store in an air tight container for up to 3 days before heating.