



MONDAY



Thai Green Curry Meatballs
\$11.18

TUESDAY



One Pan Roast Chicken & Vegetables
\$14.42

WEDNESDAY



Million Dollar Spaghetti
\$14.84

THURSDAY



Pork Chile Verde
\$23.40

FRIDAY



Baked Popcorn Chicken
\$9.97

Estimated Total: \$73.81

Produce:

Fresh Ginger (1 1/2 tsp)
Cilantro (1 bunch)
Garlic (8 cloves)
Green Onions (2 stalks)
Onion (1 1/2)
Fresh Poblano Chilies (4)
Jalapeno Peppers (2)
Tomatillos (1/5 lbs)
Sweet Potato (1 large)
Zucchini (1)
Yellow Squash (1)
Broccoli (1 head)
Lemon (1)
Limes (2)
Optional: additional vegetables for roast chicken and vegetables

Refrigerated:

Eggs (3 large)
Milk (1/2 cup)
Butter (7 Tbsp)
Cream Cheese (8 oz)
Sour Cream (1/4 cup)
Cottage Cheese (1 cup)
Shredded Mozzarella (2 cups)
Parmesan Cheese (2/3 cup)

Canned Goods:

Unsweetened Coconut Milk (2 - 13.5 oz cans)
Marinara Sauce (24 oz jar)
Chicken Broth (2 cups)

Pantry:

Thai Green Curry Paste (3.5 Tbsp)
Fish Sauce (optional: 2 tsp)
Rice (for serving with meatballs)
Corn Flakes Cereal (4 1/2 cups)
Rolled Oats (3/4 cup)
Sugar (1/2 tsp)
Brown Sugar (1 tsp)
Vegetable / Canola Oil (3 Tbsp)
Olive Oil (1 Tbsp)
Flour (1 cup)

Protein:

Lean Ground Turkey (1 lb)
Ground Beef (1/2 lb)
Ground Italian Sausage (1/2 lb)
Chicken Breasts (2-3)
Pork Loin or Shoulder (3 lbs)
Whole Chicken or Chicken Pieces (2.5 lbs)

Bread & Grains:

Spaghetti Noodles (16 oz)
Tortillas (for chile verde)

Seasonings:

Garlic Powder
Paprika
Cumin
Oregano
Dried Rosemary
Salt & Pepper

**Tastes Better
from Scratch™**

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Meal Plan 39

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Poached Eggs
- Cinnamon Rolls
- Crunchy French Toast

LUNCH IDEAS

- Roasted Butternut Squash Salad
- Buffalo Chicken Wrap
- French Onion Soup

SNACK IDEAS

- Carrot Muffins
- Garlic & Parmesan Kale Chips
- Chocolate Protein Shakes

MONDAY

Thai Green Curry Meatballs



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

TUESDAY

One Pan Roast Chicken & Vegetables



- Chop vegetables, store in the fridge until ready to cook.

WEDNESDAY

Million Dollar Spaghetti



- You can prepare this spaghetti casserole 1 day ahead of time. Follow recipe instructions up to step 8 (just before baking). allow it to cool, cover it well with plastic wrap and store it in the refrigerator until ready to bake. Or, prep the sauce, noodles and cheese layer 1-3 days ahead of time and assemble right before baking.

THURSDAY

Pork Chile Verde



- Make through step 6. Allow to cool for 15 minutes. Chill uncovered until cold, then cover and keep chilled. When ready to eat, add salsa verde and bring to a simmer. Simmer for 30-45 minutes.
- Can be made 3 days ahead.

FRIDAY

Baked Popcorn Chicken



- All you need to do is coat the chicken pieces in the flour, cover and refrigerate for up to 24 hours.