



MONDAY



BBQ Chicken Tacos
\$9.75

TUESDAY



Creamy Pesto Tortellini Pasta Salad
\$14.46

WEDNESDAY



Tomato Pie
\$8.95

THURSDAY



Applebee's Oriental Chicken Salad
\$11.99

FRIDAY



Cedar Plank Salmon (includes planks)
\$14.84

Estimated Total: \$59.99

Produce:

Cherry Tomatoes (2 1/2 cup)
Roma Tomatoes (5)
Red Onion (1/3 cup)
Avocado (1)
Cilantro (1 bunch)
Lime Juice (1 Tbsp)
Basil Leaves (15 leaves)
Green Onion (4 stalks)
Romaine Lettuce (6 cups)
Napa Cabbage (1 cup)
Carrots (2)
Cucumber (1/2)

Refrigerated:

Plain Greek Yogurt or Sour Cream (1/2 cup)
Mayo or Greek Yogurt (3/4 cup)
Three Cheese Tortellini (20 oz package)
Parmesan Cheese (2/3 cup + 2 Tbsp)
Shredded Mozzarella Cheese (1 cup)
Shredded Cheddar Cheese (1 cup)
Eggs (2)
Milk (1 cup)

Canned Goods:

Black Beans (1 can)
Corn (1 can)
Black Olives (6 oz can)

Protein:

Boneless Skinless Chicken Breasts (4)
Salmon Fillets (2 fillets: 3/4 lb each)

Pantry:

Honey (6 Tbsp)
Rice Wine Vinegar (3 Tbsp)
Dijon Mustard (4 Tbsp)
Sesame Oil (1/4 tsp)
Flour (1 cup)
Vegetable Oil or Canola Oil (3 cups)
Brown Sugar (1/4 cup)
BBQ Sauce or Homemade
Creamy Caesar Dressing (2/3 cup)
Basil Pesto (1/4 cup)
Sunflower Seeds (1/3 cup)
Pre Baked Pie Crust (1-9 inch)
Cornflakes (1 cup)
Slivered Almonds (2 Tbsp)
Cedar Plank (1)

Bread & Grains:

Corn or Small Flour Tortillas (12-15)

Seasonings:

Salt & Pepper

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from Scratch™**

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Meal Plan

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Easy Homemade Scones
- Chocolate Muffins
- Breakfast Potatoes

LUNCH IDEAS

- Instant Pot Cajun Pasta
- Avocado Chicken Salad
- Lettuce Wraps
- Veggie Wraps

SNACK IDEAS

- Caramel Apple Dip
- Air Fryer French Fries
- Applesauce

MONDAY

BBQ Chicken Tacos



- The chicken can be marinated and the veggies can be chopped and kept separately in the fridge until ready to serve.

TUESDAY

Creamy Pesto Tortellini Pasta Salad



- The pasta salad can be made ahead of time and stored in the fridge for up to 3 days.

WEDNESDAY

Tomato Pie



- Pre-bake your pie crust, cover in plastic wrap until ready to cook.

THURSDAY

Applebee's Oriental Chicken Salad



- All the veggies can be chopped and the oriental dressing can be made ahead of time for the Applebee's salad and kept all separately in the fridge until you're ready to eat.

FRIDAY

Cedar Plank Salmon



- Soaking the cedar planks helps to bring out the wonderful flavor of the cedar, and will help keep them from catching fire when on the grill.
- Make the glaze for the salmon.