



**MONDAY**



**Teriyaki Chicken**  
\$10.90

**TUESDAY**



**Homemade Spaghetti**  
\$10.72

**WEDNESDAY**



**One Pan Roast  
Chicken &  
Vegetables**  
\$14.42

**THURSDAY**



**Baked Tacos**  
\$16.26

**FRIDAY**



**Mini Meatloaf**  
\$11.55

Estimated Total: \$51.69

**Produce:**

- Onion (2 1/2)
- Garlic (4 cloves)
- Lemon (1)
- Sweet Potato (1 large)
- Zucchini (1)
- Broccoli (1 head)
- Romaine Heart (1)
- Roma Tomatoes (2)
- Green Onion (1)
- Steamed Broccoli or Stir-Fry Veggies (for serving)
- Basil Leaves (1/4 cup)

**Protein:**

- Chicken Pieces (thighs, breasts, or wings with skin on : 2 1/2 lbs)
- Ground Beef (2 lbs)
- Ground Beef or Ground Turkey (1 1/2 lbs)
- Chicken Breasts (2-3)

**Refrigerated:**

- Shredded Cheddar (1 1/2 cups)
- Butter (4 Tbsp)
- Egg (1)
- Optional Toppings (Salsa and Sour Cream)

**Bread & Grains:**

- Hard Taco Shells (2)
- Panko Bread Crumbs (2/3 cup)
- Hot Cooked Rice (for serving)
- Spaghetti Noodles (for serving)

**Pantry:**

- Olive Oil (1 Tbsp)
- BBQ Sauce (1 Tbsp or homemade)
- Mustard (1 Tbsp)
- Dijon Mustard (2 tsp)
- Light Brown Sugar (3/4 cup)
- Ketchup (1/2 cup)
- Oil (1-2 Tbsp)
- Honey (2 Tbsp)
- Cornstarch (3 tsp)
- Sugar (1 Tbsp)
- Low-Sodium Soy Sauce (1 cup)
- Rice Vinegar (2 Tbsp)
- Worcestershire Sauce (1 Tbsp)

**Canned Goods:**

- Pinto Beans (16 oz)
- Tomato Sauce (8 oz & 15 oz can)
- Tomato Paste (6 oz)

**Seasonings:**

- Rosemary
- Chili Powder
- Cumin
- Coriander
- Nutmeg
- Ginger
- Crushed Red Pepper Flakes
- Italian Seasoning
- Parsley
- Garlic Powder
- Salt & Pepper



Want to swap out a recipe or add a side? Add this meal plan to your collection! **Register** for a free account or **login** to get started!

# Meal Plan 48

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- French Toast
- Shrimp & Grits
- Applesauce Bread

### LUNCH IDEAS

- American Goulash
- Air Fryer Grilled Cheese
- Applebee's Salad

### SNACK IDEAS

- Chocolate Protein Shake
- Peach Chutney
- Cucumber Onion Salad

MONDAY

#### Teriyaki Chicken



- To make this recipe ahead of time, make the teriyaki sauce and store in a container in the fridge for 3-5 days. When ready to eat, sauté the chicken, then pour sauce on top and cook until warmed through.

TUESDAY

#### Homemade Spaghetti



- This homemade spaghetti sauce can be easily made ahead of time. Store it in the fridge for 3 to 4 days or freeze it. Before freezing spaghetti sauce, allow the mixture to cool completely. Label a gallon freezer bag and fill it with the sauce. Store it on a flat surface so that it freezes into a flat shape that will store easily. Store it for up to 4-6 months. To use, place frozen sauce in a pot and reheat on the stove until warm.

WEDNESDAY

#### One Pan Roast Chicken & Veggies



- Chop chicken and veggies, place in an airtight container in the fridge before roasting.

THURSDAY

#### Baked Tacos



- The taco meat filling can be made 2-3 days in advance (depending on the freshness of your ingredients), stored in the fridge. When ready to use, fill tacos and bake as instructed. Assembled tacos, in the shells, will keep for a few hours stored in covered in the refrigerator (the taco shells will start to soften too much if assembled for longer than a few hours before baking).

FRIDAY

#### Mini Meatloaf



- This meatloaf is easily prepped in the morning or even the night before, making dinnertime way less stressful. I also like to make extra and freeze the individual portion sizes for future quick meals.