



**MONDAY**



**Cashew Chicken Wraps**  
\$8.83

**TUESDAY**



**Mixed Green Salad with Berries**  
\$18.03

**WEDNESDAY**



**Cedar Plank Salmon**  
\$14.84

**THURSDAY**



**Steak Kabobs**  
\$19.08

**FRIDAY**



**Taco Soup**  
\$12.08

Estimated Total: \$72.86

**Produce:**

- Avocado
- Bell Peppers (2)
- Carrots (2)
- Corn (17 oz)
- Blueberries (1/2 cup)
- Cilantro
- Raspberries (1/2 cup)
- Strawberries (1/2 cup)
- Garlic (6 cloves)
- Green Onion
- Mixed Green Lettuce (10 cups)
- Red Bell Pepper (1/2)
- Red Cabbage (3/4 cup)
- Red Onion (1/2 cup + 1 small piece)
- Romaine Lettuce Leaves (5)
- Snap Peas (2/3 cup)
- Sweet Apple (1)
- Sweet Onion (1)

**Canned Goods:**

- Black Beans (15 oz can)
- Crushed Tomatoes (28 oz can)
- Diced Green Chilies (4 oz can)
- Kidney Beans (15 oz can)
- Low-Sodium Beef Broth (2 cups)

**Bread & Grains:**

- Low Carb Tortillas (4)

**Pantry:**

- Apple Cider Vinegar (3 Tbsp)
- Candied Pecans (1 cup)
- Cashews (2/3 cup)
- Cedar Plank (1)
- Dijon Mustard (3 Tbsp)
- Sugar (2 Tbsp)
- Hot Sauce
- Light Brown Sugar (1/4 cup)
- Low-Sodium Soy Sauce (1/2 cup)
- Mayonnaise (1/3 cup)
- Metal or Bamboo Skewers
- Your Favorite Vinaigrette Dressing (1/3 cup)
- Oil (1/2 cup)
- Peach Juice (1/2 cup)
- Tortilla Chips or Fritos

**Protein:**

- Cooked Chicken (1 lb)
- Lean Ground Beef (1 lb)
- Salmon Fillets (2)
- Top Sirloin Steak (1 1/2 lb)

**Refrigerated:**

- Strawberry Yogurt (5.30 oz)
- Feta Cheese Crumbles (1/3 cup)
- Milk (2 Tbsp)
- Shredded Cheese
- Sour Cream

**Seasonings:**

- Cumin
- Chili Powder
- Onion Flakes
- Oregano Leaves
- Onion Powder
- Paprika
- Poppy Seeds
- Salt & Pepper

**Tastes Better  
from Scratch™**

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!