



## MONDAY



**Croque Madame**  
\$12.17

## TUESDAY



**Mole Enchiladas**  
\$20.28

## WEDNESDAY



**Easy Grilled Pizza  
(Cheese)**  
\$8.54

## THURSDAY



**BBQ Pulled Pork  
Sandwich**  
\$25.06

## FRIDAY



**Harvest Bowl**  
\$18.92

Estimated Total: \$84.97

### Produce:

Avocado (1)  
Broccoli Slaw (1 bag)  
Brussels Sprout (1 1/2 cups)  
Diced Mango (1/2 cup)  
Diced Pineapple (1/2 cup)  
Cilantro (1 Tbsp)  
Pineapple Juice (1 1/2 Tbsp)  
Green Onion (1)  
Pomegranate (1)  
Red Bell Pepper (1/2)  
Sweet Potato (1 large)

### Refrigerated:

Cotija Cheese  
Eggs (4)  
Grated Parmesan Cheese (1/4 cup)  
Mozzarella Cheese (1 cup)  
Gruyere Cheese (6 oz)  
Unsalted Butter (1/4 cup)  
Whole Milk (1 1/2 cups)  
Mexican Creama or Sour Cream  
Desired Toppings: Cheese, Pepperoni,  
Meat , Veggies, Etc.

### Canned Goods:

Unsweetened Coconut Milk (1 1/2 cups)  
Pizza Sauce (store bought or homemade)

### Protein:

Chicken Tenders (4)  
Good Quality Ham (5 oz)  
Pork Shoulder (4 lb)

### Pantry:

All Purpose Flour (1/4 cup)  
BBQ Sauce (2 cups + for coating meat)  
Brown Sugar (1 Tbsp)  
Apple Cider Vinegar (1 Tbsp)  
Coke (not diet) - (12 oz)  
Cornstarch (1 tsp)  
Dijon Mustard (1 1/4 tsp)  
Sugar (1 Tbsp)  
Honey (1/2 cup)  
Light Brown Sugar (2 tsp)  
Mayonnaise (3 Tbsp)  
Oil - for searing (2 Tbsp)  
Olive Oil (4 Tbsp + 1/4 cup)  
Pecans (1/2 cup)  
Yellow Mustard (2 Tbsp)  
Mole Sauce (homemade or store bought)

### Bread & Grains:

Corn Tortillas (13)  
Pizza dough (store bought or homemade)  
Slider Buns or Rolls (10)  
Thin Slices White Sandwich Bread (8)  
White or Jasmine Rice (2 cups + 3 cups,  
cooked)

### Seasonings:

Chili Powder  
Cloves (5 whole)  
Cumin  
Coriander  
Aniseed (1/4 tsp)  
Curry Powder  
Nutmeg  
Garlic Powder  
Onion Powder  
Red Pepper Flakes  
Kosher Salt  
Salt & Pepper

**Tastes Better  
from Scratch™**

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# Meal Plan 126

## PREP INSTRUCTIONS

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### BREAKFAST IDEAS

- Crab Cake Benedict
- Lemon Blueberry Pancakes
- French Toast Roll Ups

### LUNCH IDEAS

- Ham & Cheese Sliders
- Lentil Salad
- Instant Pot Chicken Enchilada Soup

### SNACK IDEAS

- Crab Dip
- Roasted Chestnuts
- Bran Muffins

MONDAY

#### Croque Madame



- The Béchamel Sauce is easy to prep ahead and can be stored in an airtight container in the refrigerator for up to one week in advance.

TUESDAY

#### Mole Enchiladas



- Fill the enchiladas with chicken and cheese, place in pan, cover and refrigerate for 1-2 days, until ready to bake. Pour mole sauce over enchiladas just before baking.

WEDNESDAY

#### Easy Grilled Pizza (Cheese)



- If you are making homemade pizza dough, prep that and store in an air tight container until ready to cook.

THURSDAY

#### BBQ Pulled Pork Sandwich



- Make BBQ pulled pork and store in an airtight container in the fridge for 2-3 days, or freeze for up to 3 months. Thaw overnight in the refrigerator. To reheat, add a little water and additional BBQ sauce to moisten the meat. Cover and reheat in microwave, slow cooker, or 250 degree oven until warm (165 degrees).

FRIDAY

#### Harvest Bowl



- Make coconut rice, sweet curry sauce, and cook chicken - store in an airtight container for up to 3 days.