



## MONDAY



**Chicken Street Tacos**  
\$13.60

## TUESDAY



**Orzo Salad**  
\$25.05

## WEDNESDAY



**Chinese Chow Mein**  
\$10.35

## THURSDAY



**French Dip Sandwich**  
\$35.29

## FRIDAY



**One Pan Salmon Baked & Veggies**  
\$19.02

Estimated Total: \$103.31

### Produce:

Carrots (2 cups)  
Celery (2 ribs)  
Cherry Tomatoes (2 cups)  
Bean Sprouts (1 cup)  
Chopped Parsley (2 Tbsp)  
Cilantro (1 cup)  
Green Beans (1 lb)  
Lemon Juice (3 1/2 Tbsp)  
Lime Juice (1 1/2 Tbsp)  
Grated Ginger (2 tsp)  
Garlic (11 cloves)  
Green Onions (4)  
Lemon Slices  
Lime Wedges (6)  
Red/Yellow Potatoes (1 lb, small)  
Shredded Cabbages (1 1/2 cup)  
Tarragon (3 Tbsp)

### Seasonings:

Chipotle Chili Powder  
Oregano Leaves  
Thyme  
Cinnamon  
Kosher Salt  
Paprika  
Sea Salt  
Salt & Pepper

### Refrigerated:

Orange Juice (4 Tbsp)  
Yaki-Soba Noodles (1 lb)  
Swiss or Provolone Cheese (16 slices)  
Optional Toppings: Guacamole, Sour Cream, Pickled Red Onion, Hot Sauce

### Pantry:

Apple Cider Vinegar (2 Tbsp)  
Capers (1 1/2 Tbsp)  
Coke (1 cup)  
Cornstarch (1 tsp)  
Dijon Mustard (1 1/2 tsp + 1 1/2 Tbsp)  
Dried Craisins (2/3 cup)  
Light Brown Sugar (1 Tbsp)  
Light Olive Oil (2 Tbsp)  
Low-Sodium Soy Sayce (1/4 cup + 2 Tbsp)  
Oil (1 Tbsp)  
Olive Oil (3 Tbsp + 1 cup)  
Onion Soup Mix (1 packet or homemade)  
Oyster Sauce (1 Tbsp)  
Pice de Gallo (2 cups)  
Sesame Oil (1 1/2 tsp)  
Worcestershire Sauce (1 Tbsp)  
Mexican Oregano (2 tsp)  
Kalamata Olives (2/3 cup)  
Tarragon Vinegar (1/3 cup)

### Bread & Grains:

Hoagies or Sub Rolls (8)  
Orzo Pasta (1 lb)  
White Corn Tortillas (24)

### Canned Goods:

Artichoke Hearts (14 oz)  
Low-Sodium Beef Broth (2 1/3 cup)

### Protein:

Chicken Breasts (2)  
Chicken Thighs (1 1/2 lb)  
Chuck Roast (3 1/2 lb)  
Cooked Chicken (3 cups)  
Salmon Fillets (1 1/2 lb)

**Tastes Better  
from Scratch™**

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# Meal Plan 127

## PREP INSTRUCTIONS

**Tastes Better  
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### BREAKFAST IDEAS

- Breakfast Sandwich
- Breakfast Skillet
- Lemon Blueberry Pancakes

### LUNCH IDEAS

- Air Fryer Grilled Cheese
- Spring Pea Salad
- Taco Soup

### SNACK IDEAS

- Instant Pot Yogurt
- Easy Healthy Granola
- Chocolate Protein Shake

MONDAY

#### Chicken Street Tacos



- The marinade can be made and kept in the fridge for a few days. Marinate the chicken for a few hours, up to overnight to make this meal even easier. Fresh Pico de Gallo can be made one day ahead.

TUESDAY

#### Orzo Salad



- You can make this Orzo Salad 1-2 days in advance, although I recommend waiting to add the dressing until just before serving.

WEDNESDAY

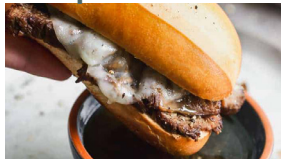
#### Chinese Chow Mein



- Chop vegetables and make sauce - put in the fridge until ready to cook.

THURSDAY

#### French Dip Sandwich



- The meat can be made ahead of time and stored in an airtight container for up to 3 days. Heat when ready to serve.

FRIDAY

#### One Pan Baked Salmon & Veggies



- This meal tastes best fresh. You can make the sauce and put in a container until ready to cook.