



MONDAY



Bulgogi Bowl
\$15.17

TUESDAY



Pink Sauce Pasta
\$12.44

WEDNESDAY



BBQ Chicken Bowls
\$14.70

THURSDAY



Shrimp Tacos
\$21.51

FRIDAY



Steak Kabobs & Cucumber Tomato Salad
\$24.57

Estimated Total: \$88.39

Produce:

- Avocado (1)
- Bell Peppers (2)
- Cherry Tomatoes (2 cups)
- Cilantro (1/4 cup + for serving)
- Corn (3 ears)
- Shredded Cabbage (2 cups)
- Basil Leaves (2 Tbsp + 1 cup)
- Grated Ginger (1 Tbsp)
- Garlic (13 cloves)
- Green Onions (2)
- Jalapeno Pepper (1/2)
- Lime (1)
- Mini Cucumbers (5)
- Mixed Green Lettuce (2 1/2 cups)
- Onion (1/2 cup)
- Red Bell Pepper (1)
- Red Onions (2 Tbsp)
- Red or Yellow Pepper (1)
- Shallot (1)
- Sweet Onion (1)
- Zucchini (1)

Protein:

- Chicken Breast Halves (4)
- Pork Tenderloin (1 lb)
- Shrimp (1 1/2 lb)
- Top Sirloin Steak (1 1/2 lb)

Pantry:

- BBQ Sauce (1 cup)
- Dry White Wine (1/4 cup)
- Gochujang (Korean Chili Paste (2 tsp)
- Honey (1 Tbsp)
- Kimchi Fried Rice (1 recipe)
- Light Brown Sugar (1 Tbsp)
- Low-Sodium Soy Sauce (3/4 cup)
- Mayonnaise (1/3 cup)
- Oil (5 Tbsp + 1/2 cup)
- Olive Oil (1/4 cup + 3 tsp)
- Peach Juice (1/2 cup)
- Red Wine Vinegar (1 tsp)
- Sesame Oil (1 Tbsp)
- Sriracha Hot Sauce
- White Vinegar (1/2 Tbsp)
- Metal or Bamboo Skewers

Refrigerated:

- Butter (2 Tbsp)
- Buttermilk (1/4 cup)
- Eggs (4)
- Heavy Cream (1 1/4 cup)
- Plain Greek Yogurt (1 cup)
- Parmesan Cheese (1 cup)
- Optional: Avocado, Cotija Cheese, Pico de Gallo

Bread & Grains:

- Corn Tortillas (10 small)
- Long-Grain White Rice (1 1/2 cups)
- Rigatoni (1 lb)

Canned Goods:

- Black Beans (15 oz)
- Low-Sodium Chicken Broth (3 cups)
- Whole Peeled Tomatoes (29 oz)

Seasonings:

- Cayenne
- Chili Powder
- Coarse Salt
- Dried Basil
- Dried Dill Weed
- Dried Onion Flakes
- Dried Oregano Leaves
- Dried Parsley Flakes
- Garlic Powder
- Ground Cumin
- Onion Powder
- Paprika
- Red Chili Flakes
- 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 128

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Blueberry Muffins
- Eggs Benedict
- German Pancakes

LUNCH IDEAS

- Lettuce Wraps
- Meatloaf Sandwich
- Southwest Quinoa Salad

SNACK IDEAS

- Cranberry Orange Muffins
- Easy Homemade Salsa
- Protein Bars

MONDAY

Bulgogi Bowls



- The meat and marinade can be made the night before or longer if frozen. White rice for the kimchi fried rice can also be cooked a day or more in advance and will actually fry up even better. The lettuce and bell peppers can be chopped in advance. With the ingredients all prepped, dinner will be ready in no time!

TUESDAY

Pink Sauce Pasta



- Make the sauce ahead of time, but store the sauce and cooked pasta separately in the fridge. Add the sauce to a saucepan to rewarm and then stir in the pasta.

WEDNESDAY

BBQ Chicken Bowls



- These chicken bowls are easy to prep ahead! Just toss the marinade on the chicken, make the sauce, and chop the veggies. Keep everything in the fridge. Dinner will be a breeze!

THURSDAY

Shrimp Tacos



- The shrimp taco sauce can be made up to 3 days ahead of time, stored in the refrigerator. Shrimp taco marinade can also be made a few days ahead and stored in the refrigerator.

FRIDAY

Steak Kabobs & Cucumber Salad



- The steak can marinate for up to 6 hours. The vegetables can be chopped ahead of time, and the kebabs can be assembled a few hours before cooking, stored covered in the fridge.
- The cucumber salad can be made ahead of time and stored in the fridge.