



MONDAY



Asian Chicken Salad
\$12.22

TUESDAY



Chicken Caprese
\$14.27

WEDNESDAY



Southwest Vegetarian Stuffed Peppers
\$19.60

THURSDAY



Detroit-Style Pizza
\$9.06

FRIDAY



Easy Beef Stroganoff
\$11.58

Estimated Total: \$66.73

Produce:

- Bell Pepper (1)
- Carrot (1)
- Cilantro (3/4 cup)
- Chopped red, green or napa cabbage)
- English Cucumber (1/2)
- Basil
- Chopped Ginger (2 Tbsp)
- Chopped Parsley
- Garlic (5 cloves)
- Green Onions (4)
- Head Romaine or Green Leafy Lettuce (1 large)
- Onion (1 small)
- Red Onion (1/3 cup)
- Small Onion (1)
- Sweet Bell Pepper (6)
- White Button Mushrooms (8 oz)

Refrigerated:

- Mozzarella Cheese (8 oz + 2 1/2 cups)
- Parmesan Cheese (1/4 cup)
- Frozen Corn (1 cup)
- Shredded Cheese (1 1/2 cups)
- Sour Cream (1/3 cup)

Protein:

- Boneless Skinless Chicken Breasts (5)
- Lean Ground Beef (1 lb)
- Natural Casing Pepperoni (3 oz)

Canned Goods:

- Black Beans (15 oz can)
- Cream of Mushroom Soup (10.5 oz can or homemade)
- Diced Tomatoes with Green Chiles (15.5 oz can)
- Low-Sodium Beef Broth (1 1/2 cups)
- Mandarin Oranges (11 oz can)
- Pizza Sauce (3/4 cup or homemade)

Pantry:

- Balsamic Vinegar (1/3 cup)
- Slice Almonds or Cashews (1/2 cup)
- Crunchy Chow Mein Noodles or Wonton Strips (handful)
- Hoisin Rice (2 Tbsp)
- Instant Yeast (1/2 tsp)
- Light Brown Sugar (2 Tbsp)
- Low-Sodium Soy Sauce (1/4 cup)
- Olive Oil (1/4 cup + 3 Tbsp)
- Red Wine Vinegar (1/4 cup)
- Sesame Oil (1 Tbsp)
- Sriracha Hot Sauce (1/2 tsp)

Bread & Grains:

- Bread Flour (2 1/2 cups)
- Cooked Rice (1 1/2 cup)
- Cooked Egg Noodles or Rice (for serving)

Seasonings:

- Black pepper
- Chili Powder
- Basil
- Oregano
- Cumin
- Kosher Salt
- Ground Sea Salt
- 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 129

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Lemon Blueberry Bread
- Cottage Cheese Pancakes
- Healthy Breakfast Smoothie

LUNCH IDEAS

- Italian Pasta Salad
- Pink Sauce Pasta
- Mexican Pizza

SNACK IDEAS

- Street Corn Dip
- Power Muffins
- Baked Potato Salad

MONDAY



- The dressing, marinating the chicken, and chopping the salad ingredients can be done up to one day in advance. Then, when it is time to eat just grill the chicken and toss the salad with the dressing.

TUESDAY



- This chicken tastes the best fresh but can be made ahead of time and stored in the fridge for up to 3 days.

WEDNESDAY



- Filling can be made ahead of time and stored in an airtight container. Bake when ready to heat and serve.

THURSDAY



- Make pizza dough and refrigerate overnight or for several hours, for the "first rise". Remove from fridge and allow to come to room temperature before pressing into the pizza pan

FRIDAY



- To make ahead, make the sauce up until the last step of adding the sour cream. Store in the refrigerator for 1-3 days,(depending on the freshness of your ingredients). Reheat on the stovetop over medium-low heat, and stir in the sour cream.