



MONDAY



Turkey Burgers
\$6.64

TUESDAY



Walking Tacos
\$14.81

WEDNESDAY



Teriyaki Pasta Salad
\$19.74

THURSDAY



Crispy Southwest Wraps
\$14.18

FRIDAY



Sweet & Sour Chicken
\$12.85

Estimated Total: \$68.22

Produce:

Garlic (1 tsp)
Celery (1 rib)
Yellow Onion (1/2)
Romaine (1 heart)
Tomato (1 large)
Avocado (1)
Baby Spinach (1 lb)
Sweet Onion (1/2)
Red Bell Pepper (1/2)
Green Onion (1)
Bell Peppers (2 - any color)

Refrigerated:

Eggs (4)
Shredded Cheddar (2 1/2 cups)
Sour Cream (1 1/2 cups + extra for topping)
Frozen Corn (1 cup)

Protein:

Ground Turkey (1 lb)
Ground Beef (1 1/2 lb)
Chicken Breasts (3 lbs)

Canned Goods:

Crushed Tomatoes (14.5 oz can)
Chili Beans (16 oz)
Sliced Olives (small can)
Mandarin Oranges (11 oz)
Black Beans (15 oz can)
Pineapple Chunks (1 cup)
Water Chestnuts (1 small can)

Pantry:

Ketchup (3/4 cup)
Dijon Mustard (1 Tbsp)
Worcestershire Sauce (1 tsp)
Canola Oil (1/4 cup)
Rice Wine Vinegar (1/4 cup)
Apple Cider Vinegar (1 cup)
Cornstarch (1 cup + 1 1/2 Tbsp)
Condiments for Burgers
Salsa (topping for tacos)
Fritos (5 - 1 oz bags)
Dry Roasted Peanuts (1/2 cup)
Dried Cranberries (1/2 cup)
Teriyaki Sauce (1/2 cup)
Soy Sauce (2 Tbsp)

Bread & Grains:

Bread Crumbs (1/3 cup)
Hamburger Buns (4)
Farfalle Pasta (16 oz)
Rice (1 cup, cooked)
Large Flour Tortillas (6-8)
Cooked Rice (1 cup + extra for serving)

Seasonings:

Garlic Powder
Onion Powder
Chili Powder
Crushed Red Pepper Flakes
Oregano
Paprika
Cumin
Garlic Salt
Salt & Pepper

**Tastes Better
from Scratch™**

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Meal Plan 62

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Crunchy French Toast
- Lox Bagel
- Shrimp & Grits

LUNCH IDEAS

- Creamy Summer Pasta Salad
- Orzo Pasta
- Meatball Subs

SNACK IDEAS

- Chocolate Protein Shake
- Potato Skins
- Caramel Apple Dip

MONDAY

Turkey Burgers



- Make burger through step 2 of the recipe, just before cooking. Place them on a baking sheet lined with parchment paper and cover them with plastic wrap. Refrigerate for up to 1 day before baking.

TUESDAY

Walking Tacos



- The beef mixture can be made 2-3 days ahead of time (depending on the freshness of the ingredients), stored in the fridge. Reheat on the stove before serving.

WEDNESDAY

Teriyaki Pasta Salad



- Pasta can be made ahead of time and stored in an airtight container for up to 3 days.

THURSDAY

Crispy Southwest Wrap



- You can make the filling in advance, just store it in an airtight container in the fridge. Assemble and pan-fry when ready to serve! Or, the entire wraps could be assembled a few hours ahead of time, and pan-fried when ready to eat.

FRIDAY

Sweet & Sour Chicken



- Prep the sweet and sour sauce, put in a container in the fridge until ready to use. Chop the vegetables and put in a ziplock in the fridge until ready to cook.