



MONDAY



Chicken Taquitos
\$8.04

TUESDAY



Chicken Tikka Masala
\$25.39

WEDNESDAY



Grilled Ham & Cheese
\$5.36

THURSDAY



Mongolian Beef
\$13.00

FRIDAY



Chicken Tortilla Soup
\$15.38

Estimated Total: \$67.17

Produce:

- Spinach Leaves (1 cup)
- Garlic (15 cloves)
- Ginger (3 inches)
- Lime Juice (2 Tbsp)
- Yellow Onion (2)
- Cilantro (3/4 cup)
- Birds Eye Chili or Jalapeno (1)
- Green Onion (1 bunch)
- Bell Pepper (1)

Refrigerated:

- Cream Cheese (6 oz)
- Cheddar Cheese (1 cup + 8 slices)
- Plain Yogurt (1/2 cup)
- Butter (2 Tbsp)
- Frozen Corn (1 cup)
- Optional: Toppings for Taquitos
- Optional: Toppings for soup: cilantro cheese, sour cream, avocado

Protein:

- Shredded Cooked Chicken (2 cups)
- Chicken Thighs (2 lbs)
- Ham (4 slices)
- Flank Steak (1 lb)
- Chicken Breasts (2-3)

Canned Goods:

- Diced Tomatoes (2 - 14 oz cans)
- Tomato Sauce (1/2 cup)
- Coconut Milk (1 cup)
- Diced Green Chilies (4 oz can)
- Chicken Broth (5 cups)
- Black Beans (15 oz can)

Pantry:

- Salsa (1/4 cup)
- Mayo (1/2 cup)
- Olive Oil
- Canola Oil
- Honey (2 Tbsp)
- Dijon Mustard (1 Tbsp)
- Cornstarch (1/2 cup)
- Brown Sugar (1/2 cup)
- Hot Sauce (1 tsp)
- Soy Sauce (1/2 cup)
- Optional: Tortilla chips for soup

Bread & Grains:

- Corn Tortillas (15-20)
- Basmati Rice (for Tikka and Mongolian)
- Naan
- Bread (8 slices)

Seasonings:

- Cinnamon Stick (2)
- Salt & Pepper
- Cumin
- Garlic Powder
- Chili Powder
- Cayenne Pepper
- Garam Masala
- Tumeric
- Ground Coriander
- Smoked Paprika
- Paprika
- Oregano
- Whole Peppercorns
- Bay Leaf (1)
- While Cloves (2)



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 64

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Perfect Cinnamon Rolls
- Banana Bread
- Green Smoothie

LUNCH IDEAS

- Macaroni Salad
- French Dip
- Waldorf Salad

SNACK IDEAS

- Homemade Salsa
- Cowboy Caviar
- Cucumber Onion Salad

MONDAY

Chicken Taquitos



- Make the filling up to 1 day in advance and store in the refrigerator. Roll in tortillas before baking.

TUESDAY

Chicken Tikka Masala



- The chicken and marinade can be prepared up to one day ahead of time. The sauce can be made up to 3 days ahead of time, stored in the fridge. Cook the chicken and warm the sauce the day of serving.

WEDNESDAY

Grilled Ham & Cheese



- If you are making the honey mustard sauce, prep that and set aside until ready to cook

THURSDAY

Mongolian Beef



- I like to make this recipe fresh but you can definitely prep it ahead of time. Make the sauce by mixing all sauce ingredients and storing them in the refrigerator before using. You can also slice the meat ahead of time and store in the fridge until ready cook
- Store Mongolian beef (separately from the rice) in the refrigerator for 3-4 days.

FRIDAY

Chicken Tortilla Soup



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