



MONDAY



Slow Cooker Tikka Masala
\$16.09

TUESDAY



Slow Cooker Lasagna
\$15.60

WEDNESDAY



Classic Juicy Hamburger
\$14.72

THURSDAY



Pad Thai
\$12.64

FRIDAY



Vegetable Tortellini Soup
\$7.04

Estimated Total: \$66.09

Produce:

Beefsteak Tomato (1)
Celery (2 ribs)
Bean Sprouts (1 cup)
Cilantro (3/4 cup)
Jalapeno Pepper (1/4)
Garlic (7 cloves)
Green Onion (3)
Lettuce Leaves (6)
Lime (2)
Onion (3)
Red Bell Pepper (1)

Refrigerated:

Cheddar Cheese (6 slices)
Cheese Tortellini (10 oz)
Eggs (2)
Frozen Mixed Vegetables (2 cups)
Mozzarella Cheese (4 cups)
Cottage Cheese (1 1/2 cup)
Parmesan Cheese (1/2 cup)

Bread & Grains:

Buns (4)
Flat Rice Noodles (8 oz)
Basmati Rice (for serving)
Lasagna Noodles (8 oz)

Canned Goods:

Unsweetened Coconut Milk (1 cup)
Diced Tomatoes (2 - 15 oz cans)
Vegetable Broth (4 cups)
Tomato Paste (6 oz)
Tomato Sauce (29 oz)

Pantry:

Better than Bouillon Vegetable Base (2 tsp)
Dry Roasted Peanuts (1/2 cup)
Fish Sauce (3 Tbsp)
Pickle Slices (6)
Rice Vinegar (2 Tbsp)
Sriracha (1 Tbsp)
Worcestershire Sauce (2 Tbsp)
Brown Sugar
Creamy Peanut Butter (2 Tbsp)
Soy Sauce
Oil
Olive Oil
Sugar

Protein:

Ground Chuck (80/20 - 1 1/2 lb)
Skinless Chicken Thighs (2 lbs)
Uncooked Shrimp, Chicken or Extra Firm Tofu (8 oz)
Ground Beef (1/2 lb)
Italian Ground Sausage (1/2 lb)

Seasonings:

Bay Leaves
Cayenne Pepper
Parsley Flakes
Rosemary
Garam Masala
Garlic Powder
Cumin
Italian Seasoning
Onion Powder
Paprika
Salt & Pepper

**Tastes Better
from Scratch™**

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Meal Plan 74

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- French Toast
- Shrimp and Grits
- Lox Bagel

LUNCH IDEAS

- Applebee's Salad
- Italian Grilled Cheese Sandwich
- Roasted Tomato Soup

SNACK IDEAS

- Granola Bites
- Bacon Wrapped Dates
- Baked Brie

MONDAY

Slow Cooker Tikka Masala



- The Tikka Masala can be made ahead of time and stored in an airtight container for 3-5 days and can be frozen for up to 3 months.

TUESDAY

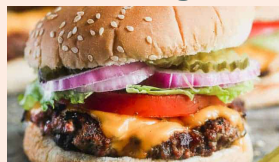
Slow Cooker Lasagna



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

WEDNESDAY

Classic Juicy Hamburger



- Store prepared patties in the fridge for 1-2 days, placing pieces of parchment paper between them, and covering well with tinfoil or plastic wrap.

THURSDAY

Pad Thai



- Cut your protein, and chop veggies ahead of time. Stir together sauce ingredients and set aside.

FRIDAY

Vegetable Tortellini Soup



- Soup can be made ahead of time up until you add the tortellini. When ready to serve, heat soup on the stovetop and add the tortellini.