



MONDAY



Kung Pao Chicken
\$11.55

TUESDAY



French Dip
\$35.29

WEDNESDAY



Fish & Chips
\$25.01

THURSDAY



Fajita Bowls
\$15.84

FRIDAY



Manicotti
\$14.69

Estimated Total: \$102.38

Produce:

- Ginger (1 tsp, grated)
- Green Onions (2)
- Red Bell Pepper (2)
- Garlic Cloves (6)
- Lime Juice (3 1/2 Tbsp)
- Red Onion (1)
- Green Bell Pepper (1)
- Corn (1 cup fresh, canned or frozen)
- Limes (1-2)
- Cilantro (1 cup, chopped)
- Parsley Leaves (2 Tbsp)
- Basil Leaves (1/4 cup or 1 tsp dried)

Refrigerated:

- Eggs (3)
- Swiss or Provolone Cheese (16 slices)
- Sour Cream (3/4 cup)
- Ricotta (3 cups)
- Parmesan Cheese (2 cups, grated)
- Mozzarella Cheese (2 cups, shredded)

Protein:

- Chicken Breasts (2 1/2 lbs)
- Chuck Roast (3 1/2 lbs)
- White Fish Fillets (1 1/2 lbs)

Pantry:

- Dry Roasted Peanuts (1/2 cup)
- Szechuan Peppers (6 whole, dried)
- Soy Sauce (5 Tbsp + 1 tsp)
- Chili Paste with Garlic (2 tsp)
- Onion Soup Mix (1 packet or homemade)
- Coke (1 cup, not diet)
- Worcestershire Sauce (1 Tbsp)
- Liquid Smoke (1 tsp)
- Sesame Oil (2 tsp)
- Light Beer (1 cup)
- Hot Cooked Fries
- Tarter Sauce (optional)
- British Malt Vinegar (optional)
- Olive Oil (4 Tbsp)
- Rice Wine Vinegar (3 Tbsp)
- Sugar (4 tsp)
- Cornstarch (1/2 cup + 3 tsp)
- Red Wine Vinegar (2 tsp)
- Honey (1 Tbsp)
- Oil (2 1/2 Tbsp vegetable or canola)
- White Vinegar (1 1/2 tsp)
- Flour (1 cup + a little more)
- Baking Powder (1 1/2 tsp)

Canned Goods:

- Chicken Broth (3 1/2 cups, low sodium)
- Beef Broth (2 1/3 cups)
- Black Beans (15 oz cans)
- Chipotle Chiles in Adobo Sauce (1 can)
- Marinara (1 recipe homemade or 3 cups, jarred)

Bread & Grains:

- Cooked Rice (3-4 cups)
- Hoagie or Sub Rolls (8)
- Long Grained Rice (1 1/2 cups)
- No-Boil Lasagna Noodles (16)

Seasonings:

- Crushed Red Pepper Flakes
- Kosher Salt
- Thyme
- Chili Powder
- Garlic Powder
- Cumin
- Paprika
- Cayenne Pepper
- Salt & Pepper



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Meal Plan 76

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Banana Bundt Cake
- Gingerbread Waffles
- Chocolate Protein Shake

LUNCH IDEAS

- Pasta Primavera
- Spring Pea Salad
- Air Fryer Chicken Wings

SNACK IDEAS

- Sweet Chex Mix Treat
- Cucumber Onion Salad
- Caramel Popcorn

MONDAY

Kung Pao Chicken



- The kung pao sauce and marinade can be prepped ahead of time and kept in an airtight container in the fridge. You can leave the chicken in the marinade for up to 4 hours.

TUESDAY

French Dip



- Meat can be made ahead of time and stored in an airtight container for up to 3 days, heat when ready to serve.

WEDNESDAY

Fish & Chips



- This traditional fish and chips is best served fresh, but leftovers can be kept in an airtight container in the refrigerator. Reheat in the air fryer at 380 degrees, just until crispy.

THURSDAY

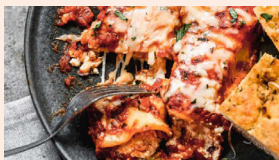
Fajita Bowls



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

FRIDAY

Manicotti



- This baked Manicotti can be prepped and kept in the refrigerator until ready to bake for up to 3 days!