

MONDAY

French Onion Burgers

\$20.02

Pesto Tortellini \$17.35

**TUESDAY** 

WEDNESDAY

Thai Chicken Lettuce Wraps \$11.20

### THURSDAY

Taco Pie

\$9.78

FRIDAY



Yellow Curry \$12.91

# Estimated Total: \$71.26

# Produce:

Baby Arugula Basil Pesto (1/4 cup) **Boston Bib Lettuce** Carrot (2 large( Cherry Tomatoes (1 1/2 cups) Chopped Avocado Shredded Cabbage (1/2 cup) Basil Leaves (6) Cilantro (1/4 cup + more for serving)Lemon Juice (1/2 tsp) Grated Ginger (2 1/4 tsp) Garlic (7 cloves) Gold Potatoes (2 medium) Green Bell Pepper (1/2) Green Onions (6) Lime Juice (1 Tbsp) Onions (2 1/2 large) Sweet Onion (1/2)

# Refrigerated:

Butter (2 Tbsp) Cheese Tortellini (20 oz package) Grated Parmesan Cheese (2/3 cup) Gruyere Cheese (6 slices) Mexican Blend Cheese (1 1/2 cup) Sour Cream

### **Canned Goods:**

Black Beans (15 oz) Black Olives (6 oz) Coconut Milk (27 oz) Cream of Chicken Soup (1 can or homemade) Diced Tomatoes with Green Chilies (1 can)

# Pantry:

Balsamic Vinegar (1 Tbsp) Brown Sugar (1 1/2 Tbsp) Caesar Salad Dressing (1 cup) Chunky Peanut Butter (1 heaping Tbsp) Cornstarch (2 tsp) Fish Sauce (1 tsp) Sugar (1/2 Tbsp) Horseradish (1 Tbsp) Low-Sodium Soy Sauce (2 tsp) Mayonnaise (1/2 cup) Oil (1 Tbsp) Olive Oil (1 Tbsp) Onion Soup Mix (1) Sunflower Seeds (1/3 cup) Sweet Chili Sauce (1/3 cup) Taco Seasoning (1 packet) Yellow Curry Paste (3 Tbsp)

# **Protein:**

Boneless Skinless Chicken Breasts (1 lb) Cooked Bacon (6 slices( Cooked Chicken (3 cups) Ground Chicken (1 lb) Ground Chuck (1.5 lb)

# Bread & Grains:

Corn Tortillas (10) Hamburger Buns (6) Hot Cooked Rice (for serving)

# Seasonings:

Crushed Red Pepper Flakes Garlic Powder Salt & Pepper

# Tastes Better from Scratch

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 130 PREP INSTRUCTIONS

# **Tastes Better** from Scratcl

### **BREAKFAST IDEAS**

- Buttermilk Biscuits
- **Overnight Breakfast** Casserole
- Blueberry Coffee Cake

### **LUNCH IDEAS**

- Tuna Melt
- Orzo Salad
- Taco Salad

#### **SNACK IDEAS**

- **Chocolate Protein Shake**
- **Bacon Wrapped Dates**
- Easy Homemade Salsa





TUESDAY

WEDNESDAY

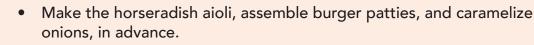
THURSDAY

FRIDAY

Thai Chicken **Lettuce Wraps** 







The tortellini tastes best fresh but can be made ahead of time and stored in an ٠ airtight container for up to 3 days.

All of the veggies can be chopped ahead, and he sauce can be made 2-3 days in ٠ advance. This is a great recipe for meal prep, as leftovers will keep in the fridge for several days and taste great reheated.

- The taco pie can be made ahead of time and stored in an airtight container for up ٠ to 3 days. Reheat when ready to serve.
- Yellow Curry
- For best results, store the yellow curry sauce in a separate container from the rice. ٠ Store both in air tight containers in the refrigerator for 3-4 days. Reheat in the microwave.