



MONDAY



French Onion Burgers
\$20.02

TUESDAY



Pesto Tortellini
\$17.35

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



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 Scratch™**

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

MONDAY

French Onion Burgers



- Make the horseradish aioli, assemble burger patties, and caramelize onions, in advance.

TUESDAY

Pesto Tortellini



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

WEDNESDAY

Thai Chicken Lettuce Wraps



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

THURSDAY

Taco Pie



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

FRIDAY

Yellow Curry



- For best results, store the yellow curry sauce in a separate container from the rice. Store both in airtight containers in the refrigerator for 3-4 days. Reheat in the microwave.