



MONDAY



Burrata Pizza
\$23.57

TUESDAY



Slow Cooker Ribs
\$24.42

WEDNESDAY



Buddha Bowl
\$14.52

THURSDAY



Chicken Fajita Soup
\$14.05

FRIDAY



Pasta Alla Norma
\$28.41

Estimated Total: \$104.97

Produce:

Heirloom Tomatoes (2)
Purple Italian Eggplant (1 lb)
Avocado (2)
Baby Arugula (1 cup)
Bell Pepper (1)
Basil Leaves (1 bunch + 1/4 cup)
Parsley Leaves (3 Tbsp)
Cilantro (1/2 cup)
Garlic (6 cloves)
Onion (1)
Roma Tomato (1)
Jalapeno Pepper (1 small)
Spinach (5 cups)
Sweet Potatoes (2)
Tomatoes (3 1/2 lbs)

Bread & Grains:

Pizza Dough (1 lb store bought or homemade)
Quinoa (1 1/2 cups)
Tortillas
Barilla or De Cecco Rigatoni or Mezze
Maniche Pasta (3 1/2 cups)

Protein:

Boneless Skinless Chicken Breasts (1 lb)
Pork Ribs (1 rack)

Canned Goods:

Black Beans (15 oz can)
Chipotle in Adobo Sauce (1)
Diced Tomatoes with Green Chilies (14.5 oz)
Low-Sodium Chicken Broth (5 cups)
Pizza Sauce (1/2 cup homemade or store bought)

Pantry:

BBQ Sauce (32 oz store bought or homemade)
Chopped Nuts - walnuts
Extra Virgin Olive Oil (4 Tbsp + 1 liter)
Falafel (1 tsp)
Light Brown Sugar (1 tsp)
Olive Oil (1 Tbsp + 1/3 cup)
White Vinegar (2 tsp)
Balsamic Reduction

Refrigerated:

Crumbled Feta Cheese (1/2 cup)
Grated Parmesan Cheese (1 cup)
Frozen Corn (1 cup)
Plain Greek Yogurt (1 cup)
Ricotta Cheese (1/2 cup)
Burrata (8 oz)

Seasonings:

Chili Powder
Coarse Salt
Crushed Red Pepper Flakes
Dried Dill
Oregano Leaves
Garlic Powder
Ground Cumin
Onion Powder
Salt & Pepper
Smoked Paprika

**Tastes Better
from Scratch™**

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Meal Plan 131

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Sour Cream Coffee Cake
- Healthy Breakfast Smoothie
- Strawberry Overnight Oats

LUNCH IDEAS

- Apple Pecan Salad
- Crispy Southwest Wrap
- Ham & Cheese Sliders

SNACK IDEAS

- Healthy Pumpkin Muffins
- Classic Cheese Balls
- Hummus

MONDAY

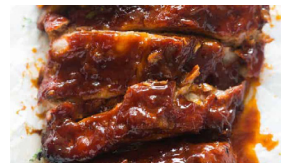
Burrata Pizza



- if making homemade pizza dough, prep and store in the fridge for up to 3 days before baking.

TUESDAY

Slow Cooker Ribs



- If making homemade bbq sauce, prep and store in an airtight container in the fridge.

WEDNESDAY

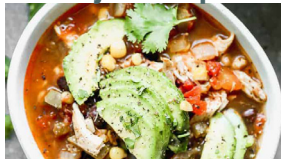
Buddha Bowl



- This entire meal can be made ahead of time without the dressing and kept layered in a container in the fridge. Serve dressing on the side. Perfect for an on-the-go lunch or a quick meal!

THURSDAY

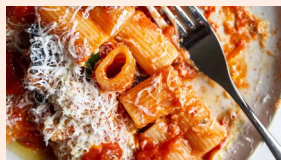
Chicken Fajita Soup



- Soup can be made ahead of time and stored in an airtight container for up to 3 days. Reheat in the microwave or on the stove.

FRIDAY

Pasta Alla Norma



- Pasta Alla Norma should be freshly prepared and served hot with the melted cheese. The only item you can prepare in advance is the tomato sauce, which you can keep for about two days in the refrigerator.