



MONDAY



Bulgur Salad
\$21.25

TUESDAY



Grilled Chicken Burger
\$11.76

WEDNESDAY



Korean Ground Beef Bowls
\$11.71

THURSDAY



Taco Salad
\$20.50

FRIDAY



Roasted Red Pepper Pasta
\$10.02

Estimated Total: \$75.24

Produce:

- Avocado (1 large)
- Cherry Tomatoes (2 cups)
- Cilantro (1/2 cup, chopped)
- Red or Green Onion (1/4 cup, chopped)
- Corn (1 cup)
- English Cucumber (1/2)
- Pasley (1/2 cup + 2 Tbsp, chopped)
- Cucumber
- Mint Leaves (1/2 cup)
- Spinach Leaves (2 cups)
- Grated Giner (1 Tbsp)
- Garlic (9 cloves)
- Green Onion (1 bunch)
- Guacamole
- Leafy Green Lettuce (4 leaves)
- Dill (1/4 cup)
- Lemon (1 large)
- Onion (1 small)
- Red Bell Peppers (2 large)
- Red Onion (1/4 cup + 1/2)
- Romain Lettuce (1 head)

Canned Goods:

- Black Beans (1 can)
- Chickpeas (15 oz can)
- Low-Sodium Chicken Broth (1 cup)
- Sliced Olives (1/2 cup)

Refrigerated:

- Butter (3 Tbsp)
- Feta Cheese Crumbles (1/3 cup)
- Parmesan Cheese (1/2 cup, grated)
- Heavy Whipping Cream (1/2 cup)
- Provolone Cheese (4 slices)
- Shredded Cheese (1/2 cup)
- Sour Cream
- Tortellini (10 oz)

Pantry:

- Extra Virgin Olive Oil (1/4 cup)
- Light Brown Sugar (2/3 cup)
- Low-Sodium Soy Sauce (1 cup)
- Olive Oil (1 Tbsp)
- Salsa
- Sesame Oil (1 Tbsp)
- Sriracha Hot Sauce (2 tsp)
- Taco Seasoning (2 Tbsp)
- Whole Shelled Pistachios (1/3 cup)

Bread & Grains:

- Hot Cooked Brown or White Rice
- Bulgur (uncooked-1 cup)
- Flour Tortillas (6 - 8 inch)
- Hamburger Buns (4)

Protein:

- Chicken Breast Halves (4)
- Lean Ground Beef (2 lbs)

Seasonings:

- Chili Powder
- Cumin
- Garlic Powder
- Ground Cumin
- Onion Powder
- Oregano
- 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 132

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Blueberry Coffee Cake
- Healthy Breakfast Smoothie
- Egg Salad Sandwich

LUNCH IDEAS

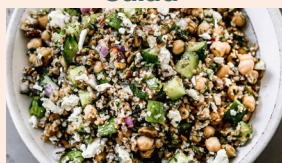
- Creamy Tomato Basil Soup
- Air Fryer Grilled Cheese
- Waldorf Salad

SNACK IDEAS

- Power Muffins
- Easy Healthy Granola
- Homemade Fruit Popsicles

MONDAY

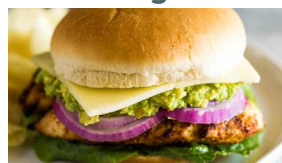
Bulgur Salad



- The whole salad bulgur salad recipe can be made ahead the day before, or you can prep the components. Chop all of the veggies ahead of time, and cook bulgur the day before and keep in an airtight container in the fridge.

TUESDAY

Grilled Chicken Burger



- Chicken can be made ahead of time and stored in an airtight container for up to 3 days before serving (depending on the freshness of the chicken). Reheat when ready to serve.

WEDNESDAY

Korean Ground Beef Bowls



- This is a great meal to make a few hours or day ahead of time—it reheats well on the stove!

THURSDAY

Taco Salad



- The taco meat and tortilla shells can be prepped a day or two in advance, stored separately. Reheat the meat mixture in the microwave or in a skillet.

FRIDAY

Roasted Red Pepper Pasta



- To save time, roast the bell peppers and sauté the onions, garlic, and butter and then blend it all in a food processor (see step 3 of the recipe). Store this mixture, covered, in the refrigerator until you are ready to finish the meal, then cook the tortellini and continue with step 4.