



MONDAY



Oven Baked Chicken Tenders & Potato Wedges
\$13.70

TUESDAY



Leek & Potato Soup
\$17.93

WEDNESDAY



Tuna Pasta Salad
\$4.70

THURSDAY



Buffalo Chicken Wrap
\$9.83

FRIDAY



Steak Kabobs
\$19.08

Estimated Total: \$65.24

Produce:

Bell Peppers (2)
Celery (2 ribs)
Chopped Parsley (2 Tbsp)
Spinach Leaves (2 cups)
Thyme (4 spigs)
Garlic Cloves (5)
Leeks (2 large)
Onion (1 small)
Red Bell Pepper (2 large)
Red Onion (1/4 cup)
Russet Potatoes (2)
Sweet Onion (1)
Yukon Gold Potatoes (2 lbs)

Refrigerated:

Butter (6 Tbsp)
Eggs (1 large)
Shredded Parmesan Cheese (1/2 cup)
Frozen Peas (1 cup)
Heavy Cream (1 cup)
Heavy Whipping Cream (1/2 cup)
Milk (1/2 cup)
Plain Greek Yogurt (1/2 cup)
Tortellini (10 oz)

Canned Goods:

Alboacore White Tuna, packed in water (7 oz)
Chicken Stock (4 cups)
Low-Sodium Chicken Broth (1 cup)

Pantry:

All Purpose Flour (1 cup)
Baking Powder (1/2 tsp)
Low-Sodium Soy Sauce (1/2 cup)
Mayonnaise (1/2 cup)
Oil (1/2 cup)
Olive Oil (2 Tbsp)
Peach Juice (1/2 cup)
Pickle Juice (1/2 cup)
Powdered Sugar (3 Tbsp)
White Wine (1/2 cup)
Metal or Bamboo Skewers

Protein:

Bacon (2 slices)
Chicken Tenders (2 lb)
Top Sirloin Steak (1 1/2 lb)

Seasonings:

Bay Leaves
Chili Powder
Crushed Red Pepper Flakes
Dried Dill Weed
Dried Onion Flakes
Garlic Powder
Paprika
Salt & Pepper

Bread & Grains:

Small Shell Pasta (8 oz)

**Tastes Better
from Scratch™**

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Meal Plan 133

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Orange Julius
- Breakfast Quesadillas
- Bran Muffins

LUNCH IDEAS

- Banh Mi
- Apple Pecan Salad
- Broccoli Cheese Soup

SNACK IDEAS

- Healthy Granola
- Instant Pot Yogurt
- Banana Bread

MONDAY

Chicken Tenders & Potato Wedges



- Marinate the chicken and make the breading. For oven baked chicken tenders: prepare the same, and bake on a baking tray at 400 degrees F for 10 minutes. Flip and cook for an additional 5-10 minutes, or until cooked through.

TUESDAY

Leek & Potato Soup



- This creamy potato leek soup can be made ahead and stored in the fridge for up to 3 days. If the soup is overly thick when rewarmed, add a splash of milk or cream. Taste and add additional salt, pepper, or thyme, as needed.

WEDNESDAY

Tuna Pasta Salad



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

THURSDAY

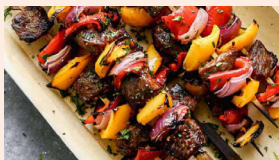
Buffalo Chicken Wrap



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

FRIDAY

Steak Kabobs



- The steak can marinate for up to 6 hours. The vegetables can be chopped ahead of time so all you have to do is assemble and grill!