



MONDAY



Salmon Bowl
\$27.57

TUESDAY



Calzones
\$5.63 (price without fillings)

WEDNESDAY



Baked Mac & Cheese with Bacon
\$8.35

THURSDAY



Chicken Enchilada Soup
\$12.46

FRIDAY



Cashew Chicken Wraps
\$8.83

Estimated Total: \$62.84

Produce:

- Avocados (2)
- Bell Pepper (1)
- Carrots (4)
- Celery (2 ribs)
- Cilantro (1/2 cup)
- Onion (chopped + 1 medium)
- Edamame (1 1/2 cups)
- English Cucumber (1)
- Garlic (6 cloves)
- Green Onions (6)
- Jalapeno
- Mangos (2)
- Red Bell Pepper (1/2 + extra chopped)
- Red Cabbage (3/4 cup)
- Romaine Lettuce Leaves (5)
- Snap Peas (2/3 cup)
- Sliced Mushrooms

Refrigerated:

- Butter (3 Tbsp)
- Parmesan Cheese (1/2 cup + 2 Tbsp)
- Sharp Cheddar Cheese (2 cups, grated)
- Half & Half (3/4 cup)
- Heavy Whipping Cream (1/2 cup)
- Milk (1 1/2 cup)
- Shredded Cheddar or Pepper Jack Cheese
- Shredded Mozzarella Cheese (2 cups)
- Whole Egg (1)

Pantry:

- Sriracha Mayo (homemade)
- All Purpose Flour (2 Tbsp)
- Cashews (2/3 cup)
- Chicken Bouillon Paste (1 1/2 tsp)
- Cornstarch (2 tsp)
- Dijon Mustard (1/2 tsp)
- Honey (1 Tbsp)
- Light Brown Sugar (1/4 cup + 1 Tbsp)
- Low-Sodium Soy Sauce (1/2 cup)
- Creamy Vinaigrette Dressing (1/3 cup of your favorite)
- Olive Oil (2 1/2 Tbsp)
- Rice Vinegar (2 Tbsp)
- Sesame Oil (1 Tbsp)

Seasonings:

- Chili Powder
- Crushed Red Pepper Flakes
- Cumin
- Dried Oregano Leaves
- Dried Parsley Flakes
- Garlic Powder
- Ground Coriander
- Ground Ginger
- Italian Seasoning
- Onion Powder
- Paprika
- Salt & Pepper

Bread & Grains:

- Dry Jasmine Rice (2 Cups)
- Panko Breadcrumbs (1/2 cup)
- Elbow Macaroni (1/2 lb)
- Flour Tortillas (4 large)
- Pizza Dough (2 lbs homemade)
- Yellow Corn Tortillas (5- 6 inch)

Canned Goods:

- Black Beans (1 can)
- Black Olives
- Diced Green Chiles (4 oz can)
- Diced Tomatoes (14.5 oz can)
- Low-Sodium Chicken Broth (6 cups)
- Pizza Sauce (store bought or homemade)

Protein:

- Bacon (6 slices)
- Cooked Chicken (1 lb)
- Salmon Fillets (5)
- Skinless Chicken Thighs (4)
- Optional Calzone Fillings: pepperoni, chicken, sausage, canadian bacon

Tastes Better from Scratch™

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Meal Plan 134

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Green Smoothie
- Belgian Waffles
- Orange Julius

LUNCH IDEAS

- Cuban Sandwich
- Pink Sauce Pasta
- Waldorf Salad

SNACK IDEAS

- Brownie Truffles
- Healthy Applesauce Muffins
- 7-Layer Bean Dip

MONDAY

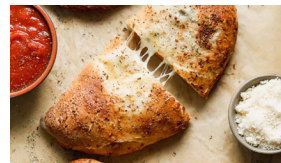
Salmon Bowl



- The teriyaki sauce can be made several days in advance, just keep in an airtight container in the refrigerator. The salmon can marinate for 20 minutes or up to overnight, and the veggies can all be chopped ahead of time to make this dinner a breeze.

TUESDAY

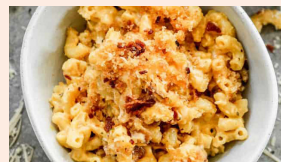
Calzones



- Pizza dough can be made up to 3 days in advance and refrigerated. Chop and prepare filling ingredients up to 3 days in advance, depending on freshness of ingredients. Pizza sauce can be made 1 week ahead.

WEDNESDAY

Baked Mac & Cheese with Bacon



- You can make this creamy baked mac and cheese recipe 1-2 days ahead of time. Prepare the sauce, cook the noodles, and store both separately in the fridge until ready to bake.

THURSDAY

Chicken Enchilada Soup



- Enchilada soup can be made ahead of time and stored in the refrigerator for 3-4 days after making. Reheat in the microwave or on the stovetop.

FRIDAY

Cashew Chicken Wraps



- Chicken can be made ahead of time and stored in an air tight container for up to 3 days, depending on the freshness of the chicken.