



MONDAY



Sloppy Joe
\$9.35

TUESDAY



Lemon Chicken Pasta
\$16.69

WEDNESDAY



Broccoli Cheese Soup
\$13.48

THURSDAY



Lettuce Wraps
\$12.13

FRIDAY



German Pancakes
\$1.20

Estimated Total: \$52.85

Produce:

Yellow Onion (1 1/2)
Garlic (5 cloves)
Lemon Zest (1 tsp)
Zucchini (1)
Yellow Squash (1)
Lemon Juice (1/4 cup)
Parsley (1/4 cup, chopped)
Carrots (2)
Celery (2 ribs)
Potatoes - Yukon or Russet (2 small/medium)
Broccoli (4 1/2 cups)
Red Bell Pepper (1)
Green Onions (2)
Ginger Root (2 tsp, minced)
Boston Bib Lettuce (1 head)
Fresh Fruit (optional for serving with German Pancakes)

Protein:

Ground Beef (1 lb)
Chicken Breasts (2-3 boneless)
Ground Chicken (1 lb)
Your favorite breakfast protein (optional for serving with German Pancakes)

Canned Goods:

Tomato Sauce (8 oz)
Vegetable Broth (3 cups)
Water Chestnuts (1 cup)

Pantry:

Ketchup (1/3 cup)
Yellow Mustard (1 tsp)
Olive Oil (4 Tbsp)
Flour (1 1/4 cup, all purpose)
Sugar (2 tsp)
Cornstarch (1 tsp)
Vanilla Extract (1 tsp)
BBQ Sauce (1/4 cup homemade or store bought)
Worcestershire Sauce (1 Tbsp)
Sriracha Hot Sauce (topping)
Soy Sauce (6 Tbsp)
Rice Vinegar (4 Tbsp)
Sesame Oil (1 Tbsp)
Hoisin Sauce (2 Tbsp)

Seasonings:

Garlic Powder
Italian Seasoning
Onion Powder
Salt & Pepper

Bread & Grains:

Hamburger Buns (5 buns)
Mini Farfalle Pasta (16 oz)

**Tastes Better
from Scratch™**

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Meal Plan 77

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Cottage Cheese Pancakes
- Lemon Blueberry Bread
- Strawberry Crepe

LUNCH IDEAS

- Mexican Pizza
- Pesto Tortellini
- Croque Madame

SNACK IDEAS

- Instant Pot Yogurt
- Easy Healthy Granola
- Cowboy Caviar

MONDAY

Sloppy Joes



- The sloppy joe meat filling can be made up to 2 days ahead of time, depending on the freshness of the beef. Store in the refrigerator and reheat and serve on toasted buns when ready to eat.

TUESDAY

Lemon Chicken Pasta



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

WEDNESDAY

Broccoli Cheese Soup



- Can be made ahead of time, pour in an airtight container and keep in the fridge for 3-4 days. Reheat in microwave or on stovetop.

THURSDAY

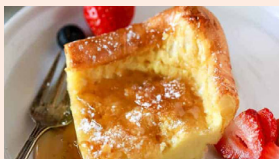
Lettuce Wraps



- The chicken mixture will keep well in the fridge for 2-3 days, and is great reheated, for meal prep or an easy make-ahead dinner. Warm in the microwave or on the stove and serve in lettuce cups when ready to eat.

FRIDAY

German Pancakes



- German pancakes tastes best fresh but can be made ahead of time and reheated in the microwave.