

Estimated Total: \$55.71

Produce:

Garlic (5 cloves) Bean Sprouts (1 cup) Red Bell Pepper (2) Green Onions (3) Lime (6) Cilantro (3/4 cup) Corn (1 cup) Avocado (1) Cherry Tomatoes (1 1/2 cup) Red Onion (1/4 cup)

Refrigerated:

Mozzarella Cheese (2 1/2 cupsshredded low moisture or 8 oz brick cheese/Wisconsin) Parmesan Cheese (1/4 cup, shredded) Eggs (2) Sour Cream (1/2 cup) Three Cheese Tortellini (20 oz) Milk (2 1/2 cups) Butter (3 Tbsp) Toppings for Tacos: pico, cotija, cabbage, cilantro, avocado, red onion **Toppings for Hawaiian Haystacks:** Pineapple, green onion, cheese, olives, tomatoes, coconut, peas, celery, peppers, chow mein noodles

MONDAY



Hawaiian Haystacks \$10.66

TUESDAY

Tortellini Pasta Salad \$13.99

Fish Tacos \$9.38

WEDNESDAY

Pad Thai

\$12.63

THURSDAY

Detroit Pizza

\$9.06

Canned Goods:

Pizza Sauce (3/4 cup, canned or homemade) Black Beans (15 oz can)

Pantry:

Dry Roasted Peanuts (1/2 cup) Fish Sauce (3 Tbsp) Soy Sauce (1 Tbsp) Rice Vinegar (4 Tbsp) Sriracha Hot Sauce (1 1/2 Tbsp) Creamy Peanut Butter (2 Tbsp) Mayonnaise (1/3 cup) Chicken Bouillon Paste (2 tsp) Instant Yeast (1/2 tsp) Bread Flour (2 1/2 cups) Oil (5 Tbsp) Brown Sugar (5 Tbsp) Olive Oil (3 Tbsp) Sugar Constarch (3 Tbsp)

Bread & Grains:

Flat Rice Noodles (8 oz) White Corn Tortillas (8) Rice (for serving hawaiian haystacks)

Protein:

Natural Casing Pepperoni (3 oz) Uncooked Shrimp, Chicken or Extra Firm Tofu (8 oz) Lean White Fish (1 lb) Chicken (3 cups, cooked or uncooked(

Seasonings:

Ground Sea Salt Chili Powder Cumin Paprika Cayenne Garlic Powder **Onion Powder** Salt & Pepper

Tastes Better from Scratch

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!

FRIDAY

Meal Plan 79 PREP INSTRUCTIONS

Tastes Better from Scratcl

BREAKFAST IDEAS

- Skinny Banana Bread Muffins
- Green Smoothie
- Monte Cristo Sandwich

LUNCH IDEAS

- Pink Sauce Pasta
- Thai Chicken Lettuce Wraps
- Egg Salad Sandwich



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MONDAY

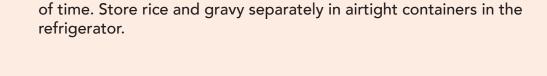
TUESDAY

WEDNESDAY

THURSDAY



Fish



Cook the tortellini, chop the veggies and make the dressing, but store separately. ٠ Combine everything just before serving!

Fish tacos tastes the best fresh but can be made ahead of time and stored in an

Steam the rice, cook the chicken, and make the sauce up to 1 day ahead

Tacos



airtight container for up to 3 days.

Cut your protein, and chop veggies ahead of time. Stir together sauce ingredients • and set aside.

- **SNACK IDEAS**
- **Instant Pot Apple Sauce**
- Lemon Raspberry Muffins
- Potato Skins



Make pizza dough and refrigerate overnight or for several hours, for the "first rise". Remove from fridge and allow to come to room temperature before pressing into the pizza pan