



MONDAY



Hawaiian Haystacks
\$10.66

TUESDAY



Tortellini Pasta Salad
\$13.99

WEDNESDAY



Fish Tacos
\$9.38

THURSDAY



Pad Thai
\$12.63

FRIDAY



Detroit Pizza
\$9.06

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 cups-
shredded 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

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™**

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Meal Plan 79

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

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

LUNCH IDEAS

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

SNACK IDEAS

- Instant Pot Apple Sauce
- Lemon Raspberry Muffins
- Potato Skins

MONDAY

Hawaiian Haystacks



- Steam the rice, cook the chicken, and make the sauce up to 1 day ahead of time. Store rice and gravy separately in airtight containers in the refrigerator.

TUESDAY

Tortellini Pasta Salad



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

WEDNESDAY

Fish Tacos



- Fish tacos tastes the best fresh but can be made ahead of time and stored in an airtight container for up to 3 days.

THURSDAY

Pad Thai



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

FRIDAY

Detroit Pizza



- 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