



MONDAY



Skillet Lasagna
\$10.93

TUESDAY



Lettuce Wraps
\$12.13

WEDNESDAY



Black Bean Burger
\$6.90

THURSDAY



Breakfast Quesadillas
\$8.20

FRIDAY



Sweet Pork Burrito Bowl
\$16.50

Estimated Total: \$54.66

Produce:

Garlic (3 cloves)
Fresh Basil Leave (2-3 Tbsp)
Green Onion (2)
Red Bell Pepper (1)
Ginger Root (2 tsp)
Boston Bib Lettuce (1 head)
Green Bell Pepper (1/2)
Onion (1/2 small)
Lime Juice (2 tsp)

Refrigerated:

Parmesan Cheese (1/4 cup)
Mozzarella (3/4 cup, shredded)
Ricotta (1/2 cup)
Eggs (7)
Cheddar (8 oz grated or thin sliced)
Mayonnaise (1 cup)
Toppings for quesadilla: salsa, sour cream and guacamole
Desired Burger Toppings: lettuce, tomato, etc.
Topping for Burrito Bowls: lettuce, black beans, salsa, pico de gallo

Canned Goods:

Pasta Sauce (24 oz)
Water Chestnuts (1 cups)
Black Beans (15 oz)
Chipotle Peppers in Adobo Sauce (2)
Diced Green Chiles (1 cup)
Red Enchilada Sauce (10 oz or 1/2 homemade)

Pantry:

Olive Oil
Soy Sauce (6 Tbsp)
Sugar
Cornstarch (1 tsp)
Brown Sugar (1/2 cup)
Sriracha (topping)
Rice Vinegar (3 Tbsp)
Sesame Oil (3 tsp)
Hoisin Sauce (2 Tbsp)
Coke (3 cups)

Protein:

Ground Beef (1 lb)
Bacon (6 slices)
Ground Chicken / Turkey (1 lb)
Pork Shoulder (2-4 lbs)

Seasonings:

Minced Onion
Oregano Leaves
Dried Basil
Garlic Powder
Crushed Red Pepper Flakes
Salt & Pepper
Chili Powder
Cumin

Bread & Grains:

Bite-size pasta (8 oz)
Flour Tortillas (8 large)
Whole Wheat Breadcrumbs (2/3 cup)
Hamburger Buns
Cooked Mexican Rice (or cilantro lime rice)

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from Scratch™**

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Meal Plan 80

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Lox Bagel
- Banana Bundt Cake
- Breakfast Potatoes

LUNCH IDEAS

- Chipotle Chicken Wraps
- Chick-fil-A Crispy Chicken Sandwich copycat
- Creamy Tortellini Soup

SNACK IDEAS

- Carrot Muffins
- Peach Scones
- Crab Dip

MONDAY

Skillet Lasagna



- To prep ahead of time, make the recipe through step 2, before adding the pasta. Store it in the refrigerator and add pasta and water (step 3) when ready to cook.

TUESDAY

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.

WEDNESDAY

Black Bean Burger



- The black bean burger mixture can be made 1-2 days ahead of time, formed into patties, or not, covered well.

THURSDAY

Breakfast Quesadillas



- Cook the bacon, tortillas (if using uncooked tortillas) and shred the cheese ahead of time.

FRIDAY

Sweet Pork Burrito Bowls



- Store all ingredients separately in the refrigerator for 3-4 days.