



## MONDAY



**Cheeseburger Salad**  
\$14.15

## TUESDAY



**Creamy Lemon Chicken Piccata**  
\$14.32

## WEDNESDAY



**Carne Asada Tacos**  
\$18.89

## THURSDAY



**Pesto Pasta Salad**  
\$12.36

## FRIDAY



**BBQ Chicken Pizza**  
\$10.26

Estimated Total: \$69.98

### Produce:

Lemon (2)  
Basil Pesto (1 cup)  
Cherry Tomatoes (2 cups)  
Mini Cucumbers (2)  
Red Onion (1/4 large)  
Cilantro (to taste)  
Mixed Green Lettuce (5-6 cups)  
Tomatoes (1-2)  
Onion (1/2 small)  
Avocado (1 plus extra for serving)  
Garlic (4 cloves)  
Cilantro (1/2 cup)  
Lime (2)  
Orange (1/2)

### Refrigerated:

Egg (1)  
Butter (2 Tbsp)  
Heavy Whipping Cream (3/4 cup)  
Mozzarella Cheese (3 oz)  
Parmesan (1/4 cup, grated)  
Mozzarella (2 cups, shredded)  
Cheddar Cheese (4 slices + more for topping of salad)  
Pico de Gallo (for serving or salsa)

### Canned Goods:

Chicken Broth (1 cup)

### Pantry:

Flour (1/4 cup)  
Olive Oil  
Vinegar (3 Tbsp)  
Capers (1/4 cup)  
BBQ Sauce (1/2 cup + 2 tsp)  
Dill Pickles (2)  
Mayonnaise (1/2 cup)  
Mustard (2 Tbsp)  
Ketchup (2-3 Tbsp)  
Valentina Hot Sauce (optional topping)

### Bread & Grains:

Breadcrumbs (1/4 cup)  
Farfalle (8 oz)  
Pizza Dough (store bought or homemade)  
White Corn Tortillas (10)  
Mexican Rice (for serving tacos)  
Hot Cooked Pasta or Mashed Potatoes (serving with Chicken Piccata)

### Protein:

Chicken (1 lb)  
Cooked Chicken (1 1/2 cups)  
Hamburger Patties (4)  
Flank Steak (1 1/2 lbs)

### Seasonings:

Salt & Pepper  
Chili Powder  
Cumin

**Tastes Better  
from Scratch™**

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# Meal Plan 82

## PREP INSTRUCTIONS

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### BREAKFAST IDEAS

- Healthy Banana Bread Muffins
- Strawberry Banana Smoothie
- Poached Egg

### LUNCH IDEAS

- Teriyaki Pasta Salad
- Veggie Wrap
- Easy Beef Stroganoff

### SNACK IDEAS

- Tomato & Basil Brushetta
- Potato Skins
- Sweet Chex Mix Treat

MONDAY

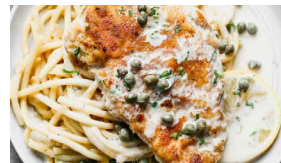
#### Cheeseburger Salad



- Salad can be made ahead of time; put cooked hamburger patties in a separate container to be reheated.

TUESDAY

#### Creamy Lemon Chicken Piccata



- The Chicken Piccata can be made ahead of time and stored in an airtight container in the fridge for up to 3 days. Reheat when ready to serve.

WEDNESDAY

#### Carne Asada Tacos



- Can be made ahead of time and stored in the fridge for up to 3 days; reheat when ready to serve.

THURSDAY

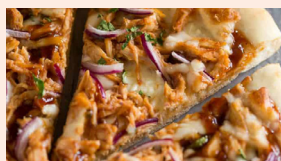
#### Pesto Pasta Salad



- Can be made ahead of time and stored in the fridge for up to 3 days before serving.

FRIDAY

#### BBQ Chicken Pizza



- You can prepare bbq chicken pizza up to one day ahead of time. Roll out the dough for the crust and bake for 6 minutes. Layer with toppings, cover well with plastic wrap, and refrigerate until ready to bake.