



MONDAY



Slow Cooker Ribs
\$24.42

TUESDAY



Asian Chicken Salad
\$12.22

WEDNESDAY



Roasted Red Pepper Pasta
\$10.02

THURSDAY



Chicken Shawarma Bowl
\$19.02

FRIDAY



Baked Salmon
\$14.86

Estimated Total: \$80.54

Produce:

- Onion (1 small)
- Garlic (12 cloves)
- Red Bell Peppers (2 large)
- Spinach Leaves (2 cups, fresh)
- Parsley (2-3 Tbsp + for garnish)
- Lemons (2)
- Red Onion (1)
- English Cucumber (1 1/2 + 1 small piece)
- Cherry Tomatoes (1 cup)
- Lemon Juice (2 Tbsp, fresh)
- Ginger (2 Tbsp)
- Green Onion (2)
- Romaine (1 large head)
- Cabbage (2 cups red, green or napa)
- Carrot (1)
- Bell Pepper (1 any color)
- Cilantro (1/2 cup)

Canned Goods:

- Chicken Broth (1 cup)
- Mandarin Oranges (11 oz can)

Protein:

- Pork Ribs (3-4 lbs)
- Chicken Thighs (5 boneless)
- Salmon Fillets (1 1/2 - 2 lbs)
- Chicken Breasts (2)

Pantry:

- Light Brown Sugar (1 tsp)
- Olive Oil
- BBQ Sauce (32 oz)
- Soy Sauce (1 Tbsp)
- Sriracha (1/2 tsp)
- Red Wine Vinegar (1/4 cup)
- Almonds (1/2 cup, sliced)
- Crunchy Chow Mein Noodles (topping)

Bread & Grains:

- Tortellini (10 oz cheese or chicken)
- Jasmine Rice (1 1/2 cups)

Seasonings:

- Salt & Pepper
- Garlic Powder
- Onion Powder
- Kosher Salt
- Cumin
- Paprika
- Ground Turmeric
- Ground Cinnamon
- Crushed Red Pepper Flakes
- Dried Dill Weed

Refrigerated:

- Butter (3 Tbsp)
- Heavy Whipping Cream (1/2 cup)
- Parmesan (1/2 cup, grated)
- Hummus (1/2 cup)
- Geta Cheese Crumbles (optional)
- Greek Yogurt (1 cup, plain)

Pick 1 seasoning for Salmon:

1. Garlic Butter Sauce (Butter-3 Tbsp, Garlic-3 cloves, Chicken Broth-1/4 cup, Lemon Juice-2 Tbsp, Honey-1 tsp, Parsley and Lemon Slices)
2. Cajun Seasoning (cajun seasoning, olive oil)
3. Dill Seasoning (Butter-1/2 cup, Lemon Juice-2 Tbsp, Lemon Zest-2 tsp, Garlic-2 cloves, Dried Dill Weed-1 Tbsp)



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!

Meal Plan 83

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Strawberry Overnight Oats
- Orange Rolls
- Biscuits & Gravy Casserole

LUNCH IDEAS

- Bulgur Salad
- Waldorf Salad
- Ham & Cheese Sliders

SNACK IDEAS

- Carrot Muffins
- Buffalo Chicken Dip
- Protein Bars

MONDAY

Slow Cooker Ribs



- If making homemade bbq sauce- prep and store in an airtight container until ready to cook.

TUESDAY

Asian Chicken Salad



- The dressing, marinating the chicken, and chopping the salad ingredients can be done up to one day in advance. Then, when it is time to eat just grill the chicken and toss the salad with the dressing.

WEDNESDAY

Roasted Red Pepper Pasta



- To save time, roast the bell peppers and sauté the onions, garlic, and butter and then blend it all in a food processor (see step 3 of the recipe). Store this mixture, covered, in the refrigerator until you are ready to finish the meal, then cook the tortellini and continue with step 4.

THURSDAY

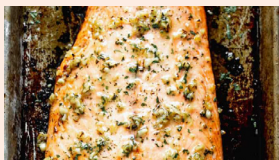
Chicken Shawarma Bowl



- Make tzatziki sauce, put in an airtight container in the fridge. Chicken can be made ahead of time and stored in the fridge for up to 3 days before serving.

FRIDAY

Baked Salmon



- Make the garlic butter sauce - leave out the butter until ready to cook salmon.