



MONDAY



Pupusas
\$4.26

TUESDAY



Grilled Chicken Burger
\$11.76

WEDNESDAY



Korean Ground Beef Bowls
\$11.71

THURSDAY



Cajun Chicken Pasta
\$8.18

FRIDAY



Pork Chile Verde
\$23.40

Estimated Total: \$59.31

Produce:

Avocado (1 large)
Red Onion (1/2)
Leafy Green Lettuce (4 leaves)
Garlic (11 cloves)
Ginger (1 Tbsp, grated)
Green Onion (1 bunch)
Cucumber (sliced for serving)
Fresh Vegetables (if desired for pasta)
Yellow Onion (1 large)
Poblano Chiles (4 fresh)
Tomatillos (1.5 lbs fresh)
Cilantro (1/2 cup)
Jalapeno Peppers (2 fresh)

Canned Goods:

Chicken Broth (2 cups)
Refried Beans (1 can or homemade)

Protein:

Chicken Breast Halves (4)
Ground Beef (1 lb)
Chicken Breasts (1 lb)
Pork Loin (3 lb)

Refrigerated:

Provolone (4 slices)
Butter (4 Tbsp)
Cream Cheese (4 oz)
Milk (1 cup)
Parmesan (3/4 cup, grated)
Mozzarella (2 cups)

Pantry:

Olive Oil
Light Brown Sugar (2/3 cup)
Oil
Sesame Oil (1 Tbsp)
Soy Sauce (1 cup)
Sriracha (2 tsp)
Chicken Bouillon (1 tsp)
Optional Toppings for Pupusas: Salsa Roja & Curtido

Bread & Grains:

Hamburger Buns (4)
Cooked Rice (brown or white for serving - enough for 4)
Farfalle (8 oz)
Masa Harina (4 cups)

Seasonings:

Chili Powder
Garlic Powder
Onion Powder
Cumin
Oregano
Salt & Pepper
Cajun Seasoning

**Tastes Better
from Scratch™**

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Meal Plan 84

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Broccoli Cheese Quiche
- Eggs Benedict
- Blueberry Coffee Cake

LUNCH IDEAS

- Spicy Chicken Soup
- Grilled Ham & Cheese
- Lentil Salad

SNACK IDEAS

- Instant Pot Applesauce
- 7-Layer Bean Dip
- Granola Bites

MONDAY

Pupusas



- Cooked pupusas are best served warm, right off the griddle. If you don't use all of the masa dough, leftover dough can be stored in the refrigerator in a tightly sealed container for 1-2 days. If the dough dries out at all, you can add a little more warm water to it before using. Leftover cooked pupusas should be stored in an airtight container in the fridge. Reheat them on a hot griddle for a minute on each side.

TUESDAY

Grilled Chicken Burger



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

WEDNESDAY

Korean Ground Beef Bowls



- This is a great meal to make a few hours or day ahead of time—it reheats well on the stove!

THURSDAY

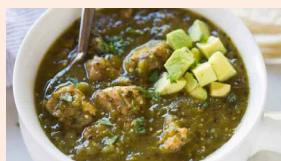
Cajun Chicken Pasta



- To make this cajun chicken pasta ahead of time, prep steps 2-4 of the recipe (make the creamy sauce with cooked vegetables and chicken). Allow it to cool and store in the refrigerator. When ready to serve, cook noodles, reheat sauce and stir in pasta and cheese.

FRIDAY

Pork Chile Verde



- Make through step 6. Allow to cool for 15 minutes. Chill uncovered until cold, then cover and keep chilled. When ready to eat, add salsa verde and bring to a simmer. Simmer for 30-45 minutes.
- Can be made 3 days ahead.