



MONDAY



Grilled Chicken Street Tacos
\$13.60

TUESDAY



Pasta Primavera
\$3.58

WEDNESDAY



Beef Stroganoff
\$11.58

THURSDAY



Belgian Waffles
\$1.10

FRIDAY



Pork Tenderloin
\$15.60

Estimated Total: \$45.46

Produce:

Lemon Juice (1/4 cup)
Lemon (1)
Garlic (11 cloves)
Rosemary (2 sprigs)
Fresh Veggies (assortment of your favorite)
Basil Leaves
Parsley
Onion (1 small)
White Button Mushrooms (8 oz)
Cilantro (1/2 cup)
Lime Juice (1 1/2 Tbsp + extra)
Orange Juice (4 Tbsp)

Refrigerated:

Butter (1 Tbsp)
Eggs (2 large)
Parmesan Cheese (1/2 cup)
Heavy Whipping Cream (1/2 cup)
Milk (1 3/4 cup)
Sour Cream (1/3 cup plus extra for tacos)
Pico de Gallo

Canned Goods:

Cream of Mushroom Soup (1 can or homemade)
Beef Broth (1 1/2 cups)
Chicken Broth (2/3 cups)

Pantry:

Olive Oil (1/4 cup + 1 Tbsp)
Flour (1 3/4 cup)
Baking Powder (3 tsp)
Oil (1/2 cup)
Dijon (1 Tbsp)
Hot Sauce (optional)
Apple Cider Vinegar (2 Tbsp)

Bread & Grains:

Cooked Egg Noodles / Rice (for serving)
Penne Pasta (1 lb)
Mini White Corn Tortillas (20-22)

Protein:

Ground Beef (1 lb)
Pork Tenderloin (2 - about 2 1/2 lbs total)
Chicken Thighs (1 1/2 lbs)

Seasonings:

Ancho Chili Powder (1 1/2 Tbsp)
Oregano Leaves (2 tsp)
Paprika (2 tsp)
Cinnamon (1/4 tsp)

**Tastes Better
from Scratch™**

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Meal Plan 85

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Buttermilk Pancakes
- Skinny Chocolate Muffins
- Orange Julius

LUNCH IDEAS

- Spinach Avocado Pasta Salad
- Buffalo Chicken Wrap
- Taco Soup

SNACK IDEAS

- Cucumber Onion Salad
- Protein Bars
- Beer Bread

MONDAY

Grilled Chicken Street Tacos



- The marinade can be made and kept in the fridge for a few days. Marinate the chicken for a few hours, up to overnight to make this meal even easier. Fresh Pico de Gallo can be made one day ahead.

TUESDAY

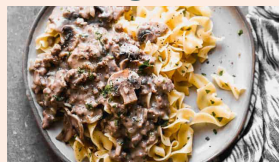
Pasta Primavera



- Pasta can be made ahead of time and stored in an airtight container for up to 3 days before serving.

WEDNESDAY

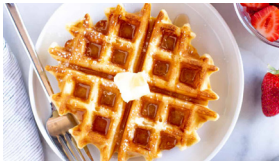
Beef Stroganoff



- Make the sauce up until the last step of adding the sour cream. Store in the refrigerator for 1-3 days, (depending on the freshness of your ingredients). Reheat on the stovetop over medium-low heat, and stir in the sour cream.

THURSDAY

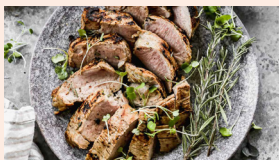
Belgian Waffles



- Allow waffles to cool completely, then store in a freezer-safe ziplock bag for up to 3 months. Rewarm in the toaster or microwave.

FRIDAY

Pork Tenderloin



- Marinate the pork 2 to 24 hours ahead of time.