



MONDAY



Black Bean Burger
\$6.90

TUESDAY



Steak Kabobs
\$23.16

WEDNESDAY



Cheese Enchiladas
\$9.38

THURSDAY



**One Pan Garlic
Parmesan Chicken &
Veggies**
\$12.48

FRIDAY



**Shrimp Scampi
Linguine**
\$13.15

Estimated Total: \$65.07

Produce:

Green Bell Pepper (1/2)
Onion (3/4 small)
Garlic (9 cloves)
Lime Juice (2 tsp)
Peach Juice (1/2 cup)
Bell Peppers (3, any color)
Sweet Onion (1 purple)
Parsley (1/2 cup + 1 Tbsp fresh and extra for garnish)
Cilantro (1 Tbsp)
Cabbage (1 cup)
Roma Tomato (1)
Minced Garlic (1 Tbsp + 2 tsp)
Zucchini (1)
Yellow Squash (1)
Grape Tomatoes (1 cup)
Lemon (2 1/2)

Refrigerated:

Egg (1 large)
Cheddar (5-6 cup, shredded)
Cotija Cheese (1/4 cup)
Sour Cream (for topping)
Parmesan (1 1/2 cup, grated)

Canned Goods:

Black Beans (15 oz can)
Chipotle Pepper in Adobo Sauce (1 can)
Red Enchilada Sauce (20 oz)

Pantry:

Oil (1/2 cup + 2 Tbsp)
Red Wine Vinegar (2 Tbsp)
Olive Oil (1 cup)
Unsalted Butter (4 Tbsp)
Desired Burger Toppings
Mayonnaise (1 cup + 2 Tbsp)
Soy Sauce (1/2 cup)
Metal or Bamboo Skewers

Bread & Grains:

Breadcrumbs (1 1/2 cups whole wheat or white)
Hamburger Buns (4)
Lentils (1 1/2 cups)
White Corn Tortillas (12-14)
Linguine (1 lb)

Protein:

Top Sirloin Steak (1 1/2 lbs)
Chicken Tenders (6)
Shrimp (1 lb peeled and deveined)

Seasonings:

Chili Powder
Cumin
Salt & Pepper
Dried Onion Flakes
Garlic Powder
Italian Seasoning
Crushed Red Pepper Flakes

**Tastes Better
from Scratch™**

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Meal Plan 86

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Crunchy French Toast
- Green Smoothie
- Poached Eggs

LUNCH IDEAS

- Creamy Tomato Basil Soup
- Grilled Ham & Cheese
- Italian Pasta Salad

SNACK IDEAS

- Lemon Raspberry Muffins
- Vanilla Protein Shake
- Banana Bread

MONDAY

Black Bean Burger



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

TUESDAY

Steak Kabobs



- The steak can marinate for up to 6 hours. The vegetables can be chopped ahead of time, and the kebabs can be assembled a few hours before cooking, stored covered in the fridge.

WEDNESDAY

Cheese Enchiladas



- Cheese enchiladas can be prepared several days in advance, if desired. For best results, place enchiladas in baking dish, and store in the fridge, separately from the sauce. Alternately, assemble the entire dish, with sauce on top, a few hours in advance.

THURSDAY

Chicken and Veggies



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

FRIDAY

Shrimp Scampi Linguine



- This meal tastes best fresh but can be stored in an container for up to 2 days.