



MONDAY



Applebee's Salad
\$14.93

TUESDAY



Breakfast Casserole
\$14.09

WEDNESDAY



Spring Roll Bowl
\$16.08

THURSDAY



Cajun Chicken Flatbread
\$9.57

FRIDAY



Classic Italian Lasagna
\$20.02

Estimated Total: \$74.69

Produce:

- Romaine Lettuce (6 cups)
- Red Cabbage (1 cup)
- Napa Cabbage (1 cup)
- Carrots (3)
- Green Onion (2)
- English Cucumber (1/2)
- Cucumber (1)
- Avocado (2)
- Bell Pepper (2 1/2)
- Basil Leaves (1 1/4 containers + 1/3 cup))
- Cilantro (1/3 cup)
- Mint (1/3 cup)
- Spinach (1 1/2 cups)
- Garlic (9 cloves)
- Green Bell Pepper (1/2)
- Green Onion (6)
- Lemon Juice (1 Tbsp)
- Mango (1)
- Onion (1)
- Red Bell Pepper (1/2)
- Serrano Peppers (2)
- Cilantro (for garnish)

Canned Goods:

- Diced Tomatoes (14.5 oz)
- Tomato Paste (6 oz)
- Tomato Sauce (16 oz)

Refrigerated:

- Butter (4 Tbsp)
- Eggs (14 large)
- Parmesan Cheese (8 oz)
- Milk (3 3/4 cup)
- Shredded Cheddar Cheese (2 cups)
- Shredded Mozzarella Cheese (1 lb + 1 cup)
- Sour Cream (1 cup)

Pantry:

- All Purpose Flour (1 1/4 cup)
- Corn Flakes (1 cup)
- Creamy Peanut Butter (1/2 cup)
- Dijon Mustard (4 tsp)
- Dry Roasted Peanuts (2/3 cup)
- Hoisin Sauce (2 Tbsp)
- Honey (6 Tbsp)
- Low-Sodium Soy Sauce (1/4 cup)
- Mayo (1 1/2 cups)
- Rice Wine Vinegar (5 Tbsp)
- Sesame Oil (1/4 tsp)
- Slivered Almonds (1/4 cup)
- Sriracha Hot Sauce (2 tsp)
- Sweet Chili Sauce (1/2 cup)
- Oil (3 cups)
- Olive Oil (1 Tbsp)

Seasonings:

- Cajun Seasoning
- Herbes de Provence
- Italian Seasoning
- Salt & Pepper

Protein:

- Boneless Skinless Chicken Breast (1 lb + 1 breast)
- Ground Beef (1/2 lb)
- Ground Italian Sausage (1/2 lb)
- Pork Sausage (2 lb)
- Cooked Shrimp, Chicken or Tofu (optional for serving with bowls)

Bread & Grains:

- Rice Noodles (14 oz)
- Flatbread (1 large)
- Lasagna Noodles (9 regular)



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 87

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Cottage Cheese Pancakes
- Lemon Blueberry Bread
- Blueberry Coffee Cake

LUNCH IDEAS

- Italian Pasta Salad
- Honey Mustard Chicken Salad
- Egg Salad Sandwich

SNACK IDEAS

- Snickerdoodle Muffins
- Bacon Wrapped Dates
- Baked Brie

MONDAY

Applebee's Salad



- All the veggies can be chopped and the oriental dressing can be made ahead of time for the Applebee's salad and kept all separately in the fridge until you're ready to eat.

TUESDAY

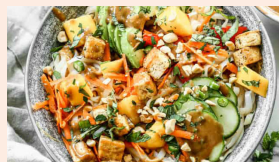
Breakfast Casserole



- To make one day ahead of time, prepare everything as directed, up until baking. Cover the casserole and store it (unbaked) in the refrigerator overnight or up to one day. Bake in the morning, according to recipe instructions.

WEDNESDAY

Spring Roll Bowls



- Chop the veggies and make spring roll sauces up to 2 days ahead of time, stored in the fridge. The rice noodles are best cooked fresh, so they don't clump together and harden.

THURSDAY

Cajun Chicken Flatbread



- This meal tastes best fresh. Can be made ahead of time and put in an airtight container for up to 3 days.

FRIDAY

Classic Italian Lasagna



- You can make the white sauce and red sauce in advance. You could also boil the noodles in advance. If you want to assemble the lasagna before baking it, make it according to the directions, cover it with plastic wrap, and then tinfoil and refrigerate it for up to 2 days.