



**MONDAY**



**BBQ Chicken Tacos**  
\$11.70

**TUESDAY**



**Pot Roast**  
\$29.81

**WEDNESDAY**



**Orange Peel Chicken**  
\$6.84

**THURSDAY**



**Egg & Sausage Brinner Bowls**  
\$13.32

**FRIDAY**



**Pepperoni Pizza**  
\$7.86

Estimated Total: \$69.53

**Produce:**

- Avocados (2)
- Bell Pepper (1)
- Cherry Tomatoes (1 cup)
- Corn (15 oz fresh or canned)
- Cilantro (3 Tbsp)
- Spinach (2 cups)
- Lime Juice (1 Tbsp)
- Red Onion (1/3 cup)
- Red Potatoes (4)
- Garlic (3 cloves)
- Green Onions (4)
- Orange Zest (1 tsp)
- Carrots, Red or Yukon Potatoes, Pearl Onion, Mushrooms, Parsnips, Celery (optional extras for your pot roast)

**Canned Goods:**

- Pizza Sauce (1/2 cup)
- Black Beans (15 oz)
- Low-Sodium Chicken Broth (1/3 cup)

**Bread & Grains:**

- Bread Flour (7 3/4 cup)
- Corn Tortillas (12)
- Hot Brown Rice (for serving)

**Refrigerated:**

- Butter (2 1/2 Tbsp)
- Eggs (4 large)
- Plain Greek Yogurt (1/2 cup)
- Shredded Mozzarella Cheese (2 cups)
- Orange Juice (1/2 cup)
- Milk (1 cup)

**Pantry:**

- Active Dry Yeast (2 1/4 tsp)
- BBQ Sauce (2/3 homemade or store bought)
- Pico de Gallo (1 cup)
- White Vinegar (1 tsp)
- Apple Cider Vinegar (2 tsp)
- Low-Sodium Soy Sauce (2 Tbsp)
- Rice Wine Vinegar (1 Tbsp)
- Sriracha Hot Sauce (2 tsp)
- Cream of Anything Soup (2 - homemade or canned)
- Dry Onion Soup Mix (1 packet or store bought)
- Sugar (2 Tbsp + 2 tsp)
- Oil (5 Tbsp)
- Cornstarch (1/2 cup + 2 1/2 tsp)
- Olive Oil (6 Tbsp)

**Protein:**

- Pepperoni (1 cup)
- Jones Dairy Farms All Natural Golden Brown Sausage Links or Patties (7 oz package)
- Chuck Roast (4 lb)
- Boneless Skinless Chicken Breasts (1 lb + 2 breasts)

**Seasonings:**

- Salt & pepper
- Dried Onion Flakes
- Beef Bullion Cubes
- Onion Powder
- Parsley
- Celery Seed
- Paprika
- Chicken Bullion Cube
- Garlic Powder
- Sesame Seed



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 88

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- Chocolate Protein Shake
- Lox Bagel
- Banana Bundt Cake

### LUNCH IDEAS

- Pink Sauce Pasta
- Thai Chicken Lettuce Wrap
- Mexican Pizza

### SNACK IDEAS

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

MONDAY



- The chicken can be marinated and the veggies can be chopped and kept separately in the fridge until ready to serve.

TUESDAY



- This recipe can be assembled (but not cooked) 1-2 days in advance (depending on freshness of meat). Place everything in the pot, cover and refrigerate until ready to cook.

WEDNESDAY



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

THURSDAY



- Chop vegetables, cook sausage (put in an airtight container until ready to heat on the stove.)

FRIDAY



- Completely make the pizza dough, including pre-baking it in the oven for 6 minutes. Top with desired pizza toppings, cover well with plastic wrap and refrigerate for several hours, until ready to bake your pizza.