



MONDAY



Buddha Bowl (price is without meat)
\$14.52

TUESDAY



American Goulash
\$13.34

WEDNESDAY



Air Fryer or Oven Baked Chicken Tenders with Potato Wedges
\$16.46

THURSDAY



Cheeseburger Salad
\$14.15

FRIDAY



French Toast
\$1.56

Estimated Total: \$60.03

Produce:

- Avocado (2)
- Parsley Leaves (3 Tbsp)
- Garlic (4 cloves)
- Mixed Greens Lettuce (5 cups)
- Onion (1 large + 1/2 small)
- Roma Tomatoes (1)
- Russet Potatoes (2)
- Small Jalapeno Pepper (1)
- Spinach (5 cups)
- Sweet Potatoes (2)
- Tomatoes (1)

Refrigerated:

- Cheddar Cheese (4 slices)
- Feta Cheese Crumbled (1/2 cup)
- Eggs (5 large)
- Shredded Parmesan Cheese (1/4 cup)
- Grated Cheddar Cheese (1 cup)
- Milk (1 1/4 cup)
- Plain Greek Yogurt (1 cup)

Canned Goods:

- Low Sodium Beef Broth (2 1/2 cups)
- Tomato Paste (6 oz)
- Tomato Sauce (15 oz)

Pantry:

- All Purpose Flour (1 1/4 cup)
- Baking Powder (1/2 tsp)
- Sugar (1/4 cup + 1 Tbsp)
- Olive Oil (1/3 cup + 3 Tbsp)
- Vinegar (1 Tbsp)
- BBQ Sauce (2 tsp homemade or store bought)
- Dill Pickles (2)
- Ketchup (2 Tbsp)
- Mayonnaise (1/2 cup)
- Mustard (2 Tbsp)
- Pickle Juice (1/2 cup)
- Powdered Sugar (3 Tbsp)
- Vanilla Extract (1 tsp)
- White Vinegar (2 tsp)
- Worcestershire Sauce (1 Tbsp)
- Chopped Nuts - Walnuts)

Protein:

- Hamburger Patties (4)
- Lean Ground Beef or Turkey (1 lb)
- Raw Chicken Tenders (2 lbs)
- Meat for Buddha Bowl (grilled chicken or falafel)

Seasonings:

- Chili Powder
- Red Pepper Flake
- Basil
- Dried Dill
- Parsley
- Oregano
- Garlic Powder
- Paprika
- Garlic Powder
- Ground Cinnamon
- Onion Powder
- Paprika
- Salt & Pepper

Bread & Grains:

- Elbow Noodles (1 1/2 cups)
- Bread (8 thick slices)
- Quinoa (1 1/2 cups)



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 91

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Healthy Chocolate Muffins
- Green Smoothie
- Overnight Cinnamon Rolls

LUNCH IDEAS

- Southwest Quinoa Salad
- Meatloaf Sandwich
- Potato Leek Soup

SNACK IDEAS

- Fresh Fruit Salad
- Cucumber Onion Salad
- Skillet Cornbread

MONDAY

Buddha Bowl



- This entire meal can be made ahead of time without the dressing and kept layered in a container in the fridge. Serve dressing on the side. Perfect for lunch or dinner meal prepping.

TUESDAY

American Goulash



- This meal is best served immediately, but leftovers may be stored in a container in the fridge for a few days and reheated in the microwave.

WEDNESDAY

Chicken Tenders & Potato Wedges



- Freeze cooked chicken tenders in a freezer safe bag or container for up to 3 months. Thaw overnight in the refrigerator, then reheat in air fryer at 380 degrees until golden, crispy, and warmed through.

THURSDAY

Cheeseburger Salad



- Salad can be made ahead of time (keep the dressing separate) and put in an airtight container for up to 3 days. Reheat hamburger patties before serving.

FRIDAY

French Toast



- The batter can be made 1-2 days ahead of time, depending on the freshness of your ingredients.