



MONDAY



Chicken Pot Pie
\$10.84

TUESDAY



Detroit Pizza
\$9.06

WEDNESDAY



**Protein Pancakes
with Bacon**
\$6.23

THURSDAY



**Southwest Vegetarian
Stuffed Peppers**
\$19.60

FRIDAY



Panang Curry
\$21.82

Estimated Total: \$67.55

Produce:

Celery (1/2 cup)
Cilantro (1/4 cup)
Grated Ginger (2 tsp)
Garlic (7 cloves)
Green Bell Peppers (1)
Green Onions (2)
Lime Juice (1 Tbsp)
Basil Leaves (1 cups)
Onion (2 small + 1/3 cup)
Red Bell Pepper (1)
Sweet Bell Pepper (6)

Refrigerated:

Butter (1/3 cup)
Cottage Cheese (1/2 cup)
Eggs (2 large)
Shredded Parmesan Cheese (1/4 cup)
Frozen Corn (1 cup)
Frozen vegetables (8 oz)
Milk (1 cup)
Shredded Cheese (1 1/2 cup)
Unsalted Butter (6 Tbsp)
Shredded Low Moisture Mozzarella
Cheese (2 1/2 cup)

Canned Goods:

Black Beans (15 oz cans)
Coconut Milk (2 - 14 oz can)
Diced Tomatoes with Green Chiles (14.5 oz can)
Pizza Sauce (3/4 cup)

Pantry:

Chicken Bouillon Paste (1 tsp)
Fish Sauce (1 Tbsp)
Instant Yeast (1/2 tsp)
Panang Curry Paste (2 Tbsp)
Peanut Butter (1 Tbsp)
Vanilla Extract (1 tsp)
Vegetable Shortening (3/4 cup)
Flour (2 3/4 cup)
Baking Powder (1 tsp)
Cornstarch (2 tsp)
Light Brown Sugar (1/4 cup)
Oil (1 Tbsp)
Old-Fashioned Rolled Oats (1 1/3 cup)
Olive Oil (1 Tbsp)

Bread & Grains:

Bread Flour (2 1/2 cup)
Cooked Rice (1 1/2 cup)
Unbaked Pie Crust (2- 9")
Hot Cooked Rice

Protein:

Boneless Skinless Chicken Breasts (3 lb)
Natural Casing Pepperoni (3 oz)
Bacon (1 package)

Seasonings:

Celery Seed
Chili Powder
Cinnamon
Garlic Powder
Cumin
Salt & Pepper

**Tastes Better
from Scratch™**

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Meal Plan 95

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Breakfast Quesadillas
- German Pancakes
- Overnight Breakfast Casserole

LUNCH IDEAS

- Applebee's Salad
- Cashew Chicken Lettuce Wraps
- Pulled Pork Nachos

SNACK IDEAS

- Chocolate Protein Shake
- Carrot Muffins
- Energy Bites

MONDAY

Chicken Pot Pie



- The filling for chicken pot pie can be made 1 day in advance; cover and chill in the refrigerator. Fill your crust and bake the next day, as directed. Leftover chicken pot pie will last in the fridge for up to 5 days, stored in an airtight container.

TUESDAY

Detroit Pizza



- Make pizza dough and refrigerate overnight or for several hours, for the "first rise". Remove from fridge and allow to come to room temperature before pressing into the pizza pan

WEDNESDAY

Protein Pancakes with Bacon



- Allow cottage cheese pancakes to cool, then lay them in a single layer on a plate or baking sheet and freeze for 30 minutes (to help keep them from sticking together). Then place them in a freezer safe container and freeze for up to 3 months. Warm from frozen in the microwave.

THURSDAY

Southwest Vegetarian Stuffed Peppers



- These stuffed peppers can be make 1-2 days ahead of time. Make the recipe through step 6, fill the peppers with filling, top them with cheese and store, covered, in the refrigerator.

FRIDAY

Panang Curry



- This recipe will keep for 5-7 days in the refrigerator (and that makes it a fabulous MEAL PREP dish)! For even quicker meal prep, you can cut the chicken and slice the red bell peppers in advance.