



MONDAY



Thai Chicken Pizza
\$8.46

TUESDAY



Swedish Meatballs
\$13.96

WEDNESDAY



Ham Fried Rice
\$4.79

THURSDAY



Chicken Caesar Pasta Salad
\$11.53

FRIDAY



Leek & Potato Soup
\$17.93

Estimated Total: \$56.67

Produce:

Carrot (1 carrot + 1/2 cup)
Cherry Tomatoes (2 cups)
Red or Green Onion (1/4 cup)
Cucumber (1/2 medium)
Cilantro (1/4 cup)
Parsley Leaves (2 Tbsp)
Grated Ginger (1 Tbsp)
Green Onion (3 onions + 1/4 cup)
Leeks (2 large)
Onion (1)
Romaine Lettuce (4 cups)
Shredded Carrots (3 Tbsp)
Thyme (4 sprigs)
Yukon Gold Potatoes (2 lbs)

Refrigerated:

Butter (3 Tbsp)
Egg Yolks (2 large)
Eggs (2 large)
Parmesan Cheese (1/3 cup)
Mozzarella Cheese (1 1/4 cup)
Frozen Peas (1/2 cup)
Heavy Cream (1 cup)
Sour Cream (3/4 cup)
Unsalted Butter (1/4 cup)

Canned Goods:

Chicken Stock (4 cups)
Low-Sodium Beef Broth (3 3/4 cup)
Low-Sodium Chicken Broth (2 Tbsp)

Pantry:

Flour (1/3 cup)
Olive Oil (2 Tbsp + 1 tsp)
Caesar Salad Dressing
Croutons (1/2 cup)
Honey (2 tsp)
Low-Sodium Soy Sauce (2 Tbsp + 2 tsp)
Peanut Butter (3 Tbsp)
Rice Vinegar (2 tsp)
Sesame Oil (4 Tbsp + 1/2 tsp)
Homemade Pizza Dough (1 large or store bought)
White Wine (1/2 cup)

Bread & Grains:

Breadcrumbs (1/2 cup)
Egg Noodles (1 lb)
Penne Pasta (6 oz)
Cooked, Leftover Rice (3 cups)

Protein:

Bacon (2 slices)
Boneless Skinless Chicken Breasts (1 lb)
Chopped Ham (3/4 cup)
Cooked Shredded Chicken (1 heaping cup)
Ground Pork (1 lb)
Lean Ground Beef (1 lb)

Seasonings:

Bay Leaves
Red Pepper Flakes
Ground Allspice
Nutmeg
Salt & Pepper

**Tastes Better
from Scratch™**

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Meal Plan 96

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Chocolate Overnight Oats
- Bran Muffins
- Freezer Breakfast Sandwich

LUNCH IDEAS

- Air Fryer Grilled Cheese
- Instant Pot Tomato Basil Soup
- Italian Pasta Salad

SNACK IDEAS

- Orange Julius
- Healthy Pumpkin Muffins
- Peach Scones

MONDAY

Thai Chicken Pizza



- The peanut sauce can be made 3-5 days in advance, stored in the fridge. The entire pizza can be assembled several hours before baking.

TUESDAY

Swedish Meatballs



- The meatballs can be made ahead of time (cook them all the way through) and kept in the fridge or freezer until ready to use.

WEDNESDAY

Ham Fried Rice



- Use leftover, cooked rice that can be prepared and refrigerated several days ahead of time

THURSDAY

Chicken Caesar Pasta Salad



- The chicken can be cooked and all the ingredients can be chopped ahead of time. Wait to add the dressing until ready to serve.

FRIDAY

Leek & Potato Soup



- This creamy potato leek soup can be made ahead and stored in the fridge for up to 3 days. If the soup is overly thick when rewarmed, add a splash of milk or cream. Taste and add additional salt, pepper, or thyme, as needed.