



MONDAY



Pork Carnitas
\$17.97

TUESDAY



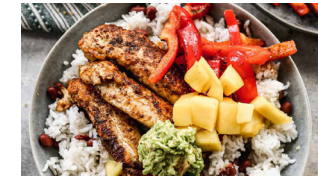
Honey Mustard Chicken Salad
\$12.38

WEDNESDAY



Sun-Dried Tomato Pasta
\$10.50

THURSDAY



Jerk Chicken Bowl
\$8.69

FRIDAY



Tamale Pie
\$16.63

Estimated Total: \$66.17

Produce:

- Avocados (2)
- Baby Spinach Leaves (2.5 oz)
- Basil (1/3 cup)
- Pineapple (1/2 cup)
- Garlic (8 cloves)
- Oranges (2)
- Limes (2 + 1 tsp juice)
- Large Green Salad (serving 4)
- Lemon (1 tsp juice)
- Mango (1)
- Onion (2)
- Red Bell Pepper (1)
- Scallion (1)
- Yellow Onion (1)

Refrigerated:

- Butter (4 Tbsp)
- Grated Parmesan Cheese (1)
- Light Mayonnaise (1 cup)
- Melted Butter (1/2 cup)
- Milk (1 cup)
- Skim Milk (2 cups)
- Shredded Cheese (2 cups)

Canned Goods:

- Chicken or Vegetable Broth (1 1/4 cup)
- Chipotle Peppers in Adobo sauce (1)
- Creamed Corn (1 can)
- Diced Green Chiles (8 oz can)
- Low-Sodium Chicken Broth (3/4 cup)
- Red Enchilada Sauce (10 oz)
- Sun-Dried Tomatoes packed in oil (1/2 cup)
- Red Beans (15 oz)

Bread & Grains:

- Cooked White or Coconut Rice (5 cups)
- Masa Harina (1 1/2 cups)
- Penne Pasta (1 lb)

Pantry:

- Baking Powder (1 1/2 tsp)
- Corn Flakes Cereal (2 cups)
- Dijon Mustard (4 Tbsp + 1 tsp)
- Flour (1/4 cup)
- Sugar (1 tsp)
- Honey (6 Tbsp)
- Ketchup (2 tsp)
- Olive Oil (1 Tbsp)

Protein:

- Boneless Skinless Chicken Breasts (1 lb)
- Chicken Tenders (4)
- Lean Ground Beef (1 1/2 lb)
- Pork Shoulder (4 lb)

Seasonings:

- Chili Powder
- Crushed Red Pepper Flakes
- Basil
- Oregano Leaves
- Parsley Flakes
- Garlic Powder
- Ground Coriander
- Ground Cumin
- Italian Seasoning
- Jamaican Jerk Seasoning
- Kosher Salt
- Salt & Pepper



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 135

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Buttermilk Pancakes
- Green Smoothie
- Poached Eggs

LUNCH IDEAS

- Cuban Sandwich
- Mexican Pizza
- Italian Pasta Salad

SNACK IDEAS

- Protein Bars
- Vanilla Protein Shake
- Healthy Chocolate Muffins

MONDAY

Pork Carnitas



- Add everything to the pot, cover and refrigerate for 1-2 days before cooking (depending on the freshness of your ingredients).

TUESDAY

Honey Mustard Chicken Salad



- The honey mustard dressing keeps for one week, stored in the refrigerator. The chicken can be prepared up until the baking step, 1 day in advance.

WEDNESDAY

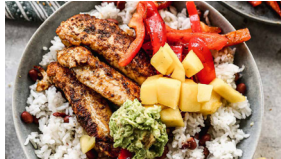
Sun-Dried Tomato Pasta



- Pasta can be made ahead of time and stored in an air tight container for up to 3 days. Reheat when ready to serve.

THURSDAY

Jerk Chicken Bowl



- The pineapple sauce can be made ahead of time and kept in the fridge. I also chop the bell pepper and mango ahead of time. Just keep everything in separate containers in the fridge.

FRIDAY

Tamale Pie



- The beef mixture can be made ahead of time and kept in an airtight container in the fridge for 1-2 days. Warm in a pan before adding the tamale topping.