



MONDAY



Pepperoni Pizza
\$7.86

TUESDAY



Mushroom Tacos
\$6.97

WEDNESDAY



Spring Roll Bowl
\$16.08

THURSDAY



American Goulash
\$13.34

FRIDAY



One Pan Chicken and Veggies
\$12.46

Estimated Total: \$56.71

Produce:

- Avocado (1)
- Bell Pepper (1 + extra for bowl)
- Cabbage
- Carrot (1 large)
- Corn
- English Cucumber (1)
- Basil Leaves (1/3 cup)
- Parsley
- Cilantro (1/3 cup)
- Jalapeno Pepper (1)
- Mint Leaves (1/3 cup)
- Garlic (1 Tbsp + 4 tsp + 5 cloves)
- Grape Tomatoes (1 cup)
- Lime (1/2)
- Mango (1)
- Onion (1/2 + 1 large)
- Portobello Mushroom Caps (3)
- Serrano Peppers (2)
- Yellow Squash (1)
- Zucchini (1)

Protein:

- Chicken Tenders (6)
- Lean Ground Beef or Turkey (1 lb)
- Pepperoni (2 cups)
- Protein of choice: shrimp, chicken or tofu

Canned Goods:

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

Pantry:

- Active Dry Yeast (2 1/4 tsp)
- Creamy Peanut Butter (1/2 cup)
- Dry Roasted Peanuts (2/3 cup)
- Sugar (1 Tbsp + 2 tsp)
- Hoisin Sauce (2 Tbsp)
- Hot Sauce
- Low-Sodium Soy Sauce (1/4 cup)
- Olive Oil (7 Tbsp + 1/3 cup)
- Plain Breadcrumbs (3/4 cup)
- Rice Wine Vinegar (2 Tbsp)
- Salsa or Pico De Gallo
- Sriracha Hot Sauce (2 tsp)
- Sweet Chili Sauce (1/2 cup)
- Taco Seasoning (1 Tbsp)
- White Vinegar (1 tsp)
- Worcestershire Sauce (1 Tbsp)

Bread & Grains:

- Bread Flour (3 3/4 cup)
- Dry Rice Noodles (14 oz)
- Elbow Noodles (1 1/2 cups)
- Warm Corn or Flour Tortillas (4)

Refrigerated:

- Cheese
- Grated Cheddar Cheese (1 cup)
- Grated Parmesan Cheese (1 1/2 cups)
- Shredded Mozzarella Cheese (4 cups)

Seasonings:

- Red Pepper Flakes
- Dried Basil
- Dried Parsley
- Dried Oregano
- Chili Powder
- Garlic Powder
- Paprika
- Italian Seasoning
- 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 136

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Sour Cream Coffee Cake
- Eggs Florentine
- Crepes

LUNCH IDEAS

- Pink Sauce Pasta
- Mexican Pizza
- Cuban Sandwich

SNACK IDEAS

- Lemon Poppyseed Bread
- Rocky Road
- Chocolate Overnight Oats

MONDAY

Pepperoni Pizza



- To make the pizza dough ahead, make the dough up until the first rise, spray with oil, cover with a tight fitting lid and refrigerate overnight, or for several hours, until ready to assemble pizza. For take and bake pizza, roll out the dough and pre-bake it in the oven for 5 minutes. Top with desired pizza toppings, cover well with plastic wrap and refrigerate for several hours, until ready to finish cooking pizza in oven, pizza oven or on the grill.

TUESDAY

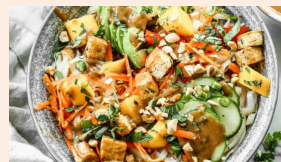
Mushroom Tacos



- Chop vegetables and set aside until ready to cook.

WEDNESDAY

Spring Roll Bowl



- Chop the veggies and make spring roll sauces up to 2 days ahead of time, stored in the fridge. The rice noodles are best cooked fresh, so they don't clump together and harden.

THURSDAY

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.

FRIDAY

One Pan Chicken & Veggies



- Can be made ahead of time. Store enchilada soup in the refrigerator for 3-4 days after making. Reheat in the microwave or on the stovetop.