



**MONDAY**



**Pizza Quesadillas**  
\$7.31

**TUESDAY**



**Hawaiian Bowl**  
\$16.62

**WEDNESDAY**



**Ground Beef Tacos**  
\$11.15

**THURSDAY**



**Fettuccine Alfredo**  
\$6.68

**FRIDAY**



**Classic Hamburgers**  
\$12.27

Estimated Total: \$54.03

**Produce:**

- Baby Spinach Leaves
- Beefsteak Tomato (1)
- Bell Peppers (2 + extra)
- Parsley (1 Tbsp, chopped)
- Mushrooms
- Garlic (3 cloves)
- Jalapeno or Yellow Peppers
- Lettuce Leaves (6)
- Onion
- Pineapple (1/2)
- Red Onion (1)
- Red or White Onion (1/2)
- Roma Tomatoes (1)
- Romaine Lettuce (2 cups)
- Zucchini (2)

**Refrigerated:**

- Butter (1/4 cup)
- Cheddar Cheese (6 slices + 1 cup, shredded)
- Parmesan Cheese (2 cups, shredded)
- Heavy Cream (1 cup)
- Milk (1 cup)
- Shredded Cheese (3 cups)
- Sour Cream (1/2 cup)
- Toppings: Olives, Guacamole, Pico de Gallo, Cotija Cheese, Jalapenos, Pickled Onion

**Canned Goods:**

- Black Beans (15 oz)
- Pizza Sauce (1 cup)
- Sliced Olives

**Pantry:**

- All-Purpose Flour (1 Tbsp)
- Brown Sugar (1/2 tsp)
- Cornstarch (3 tsp)
- Honey (1 Tbsp)
- Light Brown Sugar (1/4 cup + 1 Tbsp)
- Low-Sodium Soy Sauce (1/2 cup)
- Pickle Slices (6)
- Rice Vinegar (2 Tbsp)
- Sesame Oil (1 Tbsp)
- Vegetable Oil

**Protein:**

- Chicken Tenders (6)
- Ground Chunk- 80/20 (1.5 lbs)
- Ground Sausage
- Lean Ground Beef (1 lb)
- Pepperoni

**Bread & Grains:**

- Hamburger Buns (6)
- Corn Tortillas (12)
- Fettuccine Noodles (1 lb)
- Flour Tortillas (4 large)
- Coconut Rice (1 batch)

**Seasonings:**

- Cayenne Pepper
- Chili Powder
- Crushed Red Pepper Flakes
- Oregano
- Garlic Powder
- Cumin
- Ginger
- Italian Seasoning
- Kosher Salt
- Onion Powder
- Paprika
- 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 137

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- Orange Julius
- Freezer Breakfast Sandwich
- Cottage Cheese Pancakes

### LUNCH IDEAS

- Mexican Pizza
- Italian Pasta Salad
- White Chicken Chili

### SNACK IDEAS

- Oreo Balls
- Chocolate Overnight Oats
- Vanilla Protein Shake

MONDAY

#### Pizza Quesadillas



- Can be made ahead of time and frozen. Lay assembled pizza quesadillas on lined sheet pan and flash freeze for 1 hour. Then place them in an air tight, freezer safe container, for up to 2 months. Reheat in the oven at 350F for 15 minutes or until warmed.

TUESDAY

#### Hawaiian Bowl



- This meal can be prepped ahead of time by chopping all of the vegetables, making the teriyaki sauce, and marinating the chicken.

WEDNESDAY

#### Ground Beef Tacos



- Make the taco filling up to a few days ahead of time and rewarm on the stove. Taco shells could be made 1-2 days ahead of time, stored in a brown paper bag.

THURSDAY

#### Fettuccine Alfredo



- This sauce is best served fresh, but you can make it up to one day in advance if you'd like. When you reheat it, reheat it on the stove on a low heat, stirring frequently. Add a little milk or cream if needed, to thin it.

FRIDAY

#### Classic Hamburgers



- Store prepared patties in the fridge for 1-2 days, placing pieces of parchment paper between them, and covering well with tinfoil or plastic wrap.