



MONDAY



Thai Basil Beef
\$13.45

TUESDAY



Chickpea Curry
\$14.89

WEDNESDAY



Yum Yum Bowls
\$26.53

THURSDAY



Chicken Fajita Pasta
\$11.38

FRIDAY



Hawaiian Meatballs
\$12.32

Estimated Total: \$78.57

Produce:

- Avocado (1)
- Bell Peppers (2)
- Cilantro (2 cups, chopped)
- Basil Leaves (1/2 cup)
- Broccoli (1)
- Ginger (3 Tbsp + 1 tsp, minced)
- Garlic (18 cloves)
- Green Bell Pepper (1)
- Green Onions (3)
- Holy Basil Leaves (1 1/2 cups)
- Onion (1 large + 1 whole)
- Lemon Juice (3 Tbsp)
- Pineapple (1 cup)
- Red Bell Pepper (2)
- Red Onion (1)
- Shallot (2)

Protein:

- Boneless Skinless Chicken Breast Halves or Tenders (1 lb)
- Lean Ground Beef (1 1/2 lb)
- Pre-cooked Frozen Meatballs (50)
- Top Sirloin Steak (2 lbs)

Refrigerated:

- Raita or Tzatziki -optional for Chickpea Curry
- Milk (1/2 cup)

Canned Goods:

- Chickpeas (2 - 16 oz can)
- Diced Fire-Roasted Tomatoes (2 - 14 oz cans)
- Diced Tomatoes (14.5 oz can)
- Low-Sodium Beef Broth (3/4 cup)
- Low-Sodium Chicken Broth (2 cups)
- Tomato Paste (2 Tbsp)

Pantry:

- BBQ Sauce (2 1/2 cups store bought or homemade)
- Brown Sugar (1 Tbsp)
- Chili Paste with Garlic (5 Tbsp)
- Coconut Oil (2 Tbsp)
- Cornstarch (3 tsp)
- Fish Sauce (1 Tbsp)
- Ketchup (1 Tbsp)
- Low-Sodium Soy Sauce (1 cup)
- Mayonnaise (1 cup)
- Unsweetened Coconut Milk (13.5 oz)
- Vegetable Oil (2 Tbsp)
- Oil (2 Tbsp)
- Olive Oil (2 Tbsp)
- Oyster Sauce (1 1/2 Tbsp)
- Peach Juice (1/2 cup)
- Rice Vinegar (1 Tbsp)
- Sesame Oil (2 Tbsp)

Bread & Grains:

- Rice (for serving hawaiian meatballs)
- Hot Cooked Rice; white, brown or cauliflower - for Yum Yum Bowls (6 cups)
- Hot Cooked Rice- for Thai Basil Beef (5 cups)
- Hot Batsami Rice (for serving chickpea curry)
- Naan Bread (for serving)
- Penne Pasta (8 oz)

Seasonings:

- Baking Soda
- Crushed Red Pepper Flakes
- Garam Masala
- Garlic Powder
- Ground Coriander
- Ground Cumin
- Mustard Seed
- Onion Powder
- Paprika
- Raita or Tzatziki
- Sea Salt
- Turmeric
- Whole Cumin Seeds
- 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 140

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Breakfast Casserole
- Pumpkin Pancakes
- Strawberry Banana Smoothie

LUNCH IDEAS

- Beet Salad
- Turkey Chili
- Beef Gyros

SNACK IDEAS

- Healthy Banana Muffins
- Instant Pot Applesauce
- Street Corn Dip

MONDAY

Thai Basil Beef



- Thai Basil Beef can be made ahead of time and stored in an airtight container for up to 3 days. Reheat when ready to serve.

TUESDAY

Chickpea Curry



- This easy chickpea curry is great to make ahead of time and just reheat. Keep rice and curry in separate containers in the fridge for up to 5 days.

WEDNESDAY

Yum Yum Bowls



- The sauce can be made and kept in an airtight container in the refrigerator for up to one week. The steak can be sliced and marinated for several hours in the fridge.

THURSDAY

Chicken Fajita Pasta



- Make the marinade for the chicken, put in the fridge until ready to cook. Chop the vegetables and put in a container in the fridge.

FRIDAY

Hawaiian Meatballs



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