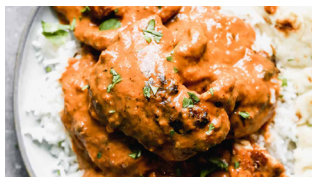




## MONDAY



**Chicken Tikka Masala**  
\$25.39

## TUESDAY



**One Pan Pesto Chicken & Veggies**  
\$13.55

## WEDNESDAY



**Zuppa Toscana**  
\$21.58

## THURSDAY



**Veggie Wrap**  
\$9.80

## FRIDAY



**Slow Cooker Lasagna**  
\$13.00

Estimated Total: \$83.32

### Produce:

Avocados (1)  
Baby Broccoli (for serving)  
Baby Spinach Leaves (2 cups)  
Bell Pepper (1)  
Carrot (1 large)  
Cherry Tomatoes (1 cup)  
Kale, chopped (3 cups)  
Edamame (1 cup)  
English Cucumber (1)  
Cilantro, chopped (1/2 cup)  
Ginger (1 inch + 1 tsp grated)  
Garlic (10 cloves)  
Lime Juice (1 Tbsp)  
Onion (2 large)  
Red Onion (1/2)  
Russet Potatoes (2 large)  
Yellow Onion (1)  
Zucchini (1)  
Ideas for veggie wrap: tomatos, radish, corn, lettuce, cabbage, beets, peppers

### Pantry:

Canola Oil (2 Tbsp)  
Sugar (2 Tbsp)  
Hummus (2/3 cup)  
Olive Oil (2 Tbsp + more for drizzling)  
Worcestershire Sauce (2 Tbsp)

### Canned Goods:

Birds Eye Chili (1)  
Coconut Milk (1 cup)  
Diced Tomatoes (14 oz can)  
Low-Sodium Chicken Broth (4 1/2 cups)  
Pesto (1/2 cup)  
Tomato Paste (6 oz)  
Tomato Sauce (29 oz)

### Refrigerated:

Cottage Cheese (1 1/2 cups)  
Parmesan Cheese, grated (1/2 cup)  
Heavy Whipping Cream (1 1/2 cups)  
Mozzarella Cheese (1/2 cup + 4 cups, shredded)  
Plain Greek Yogurt (1/2 cup)

### Protein:

Bacon (5 slices)  
Boneless Skiness Chicken Breasts (3 lbs)  
Ground Italian Sausage (1/2 lb)  
Hot Ground Italian Sausage (1 lb)  
Lean Ground Beef (1/2 lb)

### Bread & Grains:

Hot Cooked Basmati Rice (for serving)  
Lasagna Noodles (8 oz)  
Naan, Chapai, or rotis (for serving)  
Whole Wheat Flour Tortillas (4 large)

### Seasonings:

Bay Leaf  
Cayenne Pepper  
Cinnamon Stick  
Crushed Red Pepper Flakes  
Dried Parsley Flakes  
Garam Masala  
Garlic Powder  
Ground Coriander  
Whole Peppercorns  
Salt & Pepper  
Cumin  
Italian Seasoning  
Smoked Paprika  
Turmeric  
Whole Cloves

**Tastes Better  
from Scratch™**

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 144

## PREP INSTRUCTIONS

**Tastes Better  
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### BREAKFAST IDEAS

- Pumpkin Cream Cheese Muffins
- Eggs Florentine
- Breakfast Taquitos

### LUNCH IDEAS

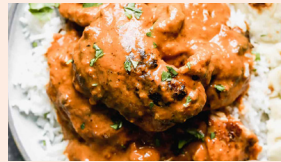
- Dirty Rice
- Beet Salad
- Cuban Sandwich

### SNACK IDEAS

- Healthy Banana Muffins
- 7-Layer Bean Dip
- Instant Pot Yogurt

MONDAY

#### Chicken Tikka Masala



- The chicken and marinade can be prepared a day ahead of time. The sauce can be made up to 3 days ahead of time, stored in the fridge. Cook the chicken and warm the sauce the day of serving.

TUESDAY

#### One Pan Pesto Chicken & Veggies



- You can prep the pesto chicken up to 1 day ahead of time and let it sit in the refrigerator until ready to bake. Store leftovers in an airtight container in the refrigerator for 3-4 days.

WEDNESDAY

#### Zuppa Toscana



- Homemade Zuppa Toscana soup can be made 1-3 days ahead of time, stored in the fridge.

THURSDAY

#### Veggie Wrap



- Chop veggies and set aside until ready to serve.

FRIDAY

#### Slow Cooker Lasagna



- The meat sauce can be prepared in advance and stored in the fridge up to a few days ahead, until ready to assemble the easy slow cooker lasagna recipe.