



**MONDAY**



**Truffle Mac & Cheese**  
\$11.83

**TUESDAY**



**Asian Chicken Salad**  
\$12.22

**WEDNESDAY**



**Classic Chili**  
\$19.70

**THURSDAY**



**Meatball Subs**  
\$18.18

**FRIDAY**



**Thai Quinoa Salad**  
\$9.07

Estimated Total: \$71

**Produce:**

- Bell Pepper (1)
- Carrot (1 + 1 cup)
- Fresh Cilantro, chopped (1 cup)
- Chopped Red, Green or Napa Cabbage (2 cups)
- Edamame (1 cup)
- English Cucumber (1/2)
- Ginger, chopped (2 Tbsp + 2 tsp grated)
- Green Onions (4)
- Head Romaine or Green Leafy Lettuce (1 large)
- Lare Onion (1)
- Red Bell Pepper (1)
- Red Cabbage (1 heaping cup)
- Red Onion (1/4 cup)

**Refrigerated:**

- Butter (1/4 cup + 2 Tbsp)
- Egg (1 large)
- Parmesan Cheese, Shredded (1/2 cup)
- Grueye Cheese (2 cups)
- Half & Half (2 cups)
- Milk (3 1/4 cup)
- Provolone Cheese (10 slices)
- Extra Sharp White Cheddar (3 cups)
- Shredded Cheese & Sour Cream (for serving)

**Canned Goods:**

- Crushed Tomatoes (28 oz)
- Diced Tomatoes (14.5 oz)
- Kidney Beans (16 oz)
- Low-Sodium Beef Broth (1/4 cup)
- Mandarin Oranges (11 oz)
- Pinto Beans (2 - 15 oz can)
- Tomato Juice (4 cups)

**Pantry:**

- All-Purpose Flour (1 cup)
- Cashew (1/2 cup)
- Creamy Peanut Butter (1/4 cup)
- Crunchy Chow Mein Noodles or Wonton Strips (a handful for serving)
- Sugar (1 tsp)
- Hoisin Sauce (2 Tbsp)
- Honey (1 Tbsp)
- Ketchup (1 cup)
- Light Brown Sugar (1 Tbsp)
- Low-Sodium Soy Sauce (1/4 cup + 3 Tbsp)
- Olive Oil (1 Tbsp + 1/4 cup + 1 tsp)
- Red Wine Vinegar (1/2 cup + 1 Tbsp)
- Sesame Oil (1 Tbsp + 1 tsp)
- Sliced Almonds or Cashews (1/2 cup)
- Sriracha Hot Sauce (1 1/2 tsp)
- White Truffle Oil (2 Tbsp)

**Bread & Grains:**

- Breadcrumbs (1 cup)
- Elbow Macaroni (1 lb)
- Hoagies or Sub Rolls (5)
- Quinoa (3/4 cup)
- Saltine Crackers (1/2 cup)

**Protein:**

- Boneless Skinless Chicken Breasts (2)
- Lean Ground Beef (3 lb)
- Pork Sausage (1 lb)

**Seasonings:**

- Cayenne Pepper
- Chili Powder
- Crushed Red Pepper Flakes
- Dried Basil
- Dried Oregano Leaves
- Dried Parsley Flakes
- Garlic Powder
- Garlic Salt
- Ground Cumin
- 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 146

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- Pumpkin Waffles
- Hashbrown Breakfast Casserole
- Perfect Cinnamon Rolls

### LUNCH IDEAS

- Broccoli Apple Salad
- Sheet Pan Chicken Fajitas
- Dirty Rice

### SNACK IDEAS

- Healthy Banana Muffins
- Chocolate Overnight Oats
- Homemade Almond Joys

MONDAY

#### Truffle Mac & Cheese



- Prepare the sauce, cook the noodles, and store both separately in the fridge 1 to 2 days ahead of time, until ready to combine and bake.

TUESDAY

#### Asian Chicken Salad



- The dressing, marinating the chicken, and chopping the salad ingredients can be done up to one day in advance. Then, when it is time to eat just grill the chicken and toss the salad with the dressing.

WEDNESDAY

#### Classic Chili



- Leftover chili will keep well stored in an airtight container in the fridge for 3-5 days. Heat on the stove until hot before serving with your favorite toppings.

THURSDAY

#### Meatball Subs



- The homemade meatballs and the sauce can both be made in advance and kept in the fridge for 2 days.

FRIDAY

#### Thai Quinoa Salad



- The veggies, quinoa, and peanut sauce can all be made in advance to make this quinoa salad even more effortless! Store everything separately in airtight containers in the fridge.