



MONDAY



Harissa Pasta
\$24.19

TUESDAY



Veggie Pizza
\$17.93

WEDNESDAY



**General Tso's
Chicken**
\$13.44

THURSDAY



Corn Chowder
\$10.40

FRIDAY



Harvest Bowl
\$18.92

Estimated Total: \$84.88

Produce:

Avocado (1)
Brussels Sprouts (1 1/2 cups)
Celery (2 ribs)
Corn (4 cups)
Basil Leaves (1 cup)
Parsley (1/4 cup, chopped)
Garlic (8 cloves)
Pesto Sauce (1/2 cup)
Pomegranate (1)
Potato (1 large)
Shallot (1)
Sweet Potato (1 large)
Yellow Onion (1)
Baby Spinach or Arugula (Veggie Pizza)
Zucchini, Purple Onion, Bell Pepper,
Cherry Tomatoes (For Veggie Pizza)
Mushrooms, Asparagus, Broccoli,
Artichoke (Optional Toppings for Veggie
Pizza)

Refrigerated:

Butter (2 Tbsp)
Egg Whites (2 large)
Parmesan Cheese (3/4 cup, grated)
Half & Half (1 1/2 cups)
Heavy Cream (1 cup)
Shredded Mozzarella Cheese (1 cup)

Pantry:

Harissa Paste (1/4 cup)
All-Purpose Flour (1/2 cup)
Cornstarch (2 1/2 tsp + 1/2 cup)
Hoisin Sauce (2/3 cup)
Honey (1/2 cup)
Light Brown Sugar (2 tsp + 1/4 cup)
Low-Sodium Soy Sauce (1/3)
Oil (1/2 cup)
Olive Oil (3 Tbsp + 1/4 cup)
Pecans (1/2 cup)
Rice Vinegar (1/3 cup)
Yellow Mustard (2 Tbsp)

Bread & Grains:

Bucatini Pasta (1 lb)
Cornmeal (3 Tbsp)
Pizza Dough (homemade or store
bought)
White or Jasmie Rice (2 cups)

Protein:

Bacon (3 slices)
Boneless Skinless Chicken Breasts (1 1/2 lbs)
Chicken Tenders (4)
Ground Sausage (1 lb)

Canned Goods:

Unsweetened Coconut Milk (1 1/2 cups)
Chipotle Peppers in Adobo Sauce (1)
Low-Sodium Chicken Broth (5 cups)
Mild Diced Green Chiles (4 oz)
Sun-Dried Tomatoes (1 cup)
Tomato Paste (1/4 cup)

Seasonings:

Crushed Red Pepper Flakes
Curry Powder
Dried Oregano Leaves
Garlic Powder
Onion Powder
Ground Ginger
Salt & Pepper

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from Scratch™**

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Meal Plan 148

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Breakfast Quesadillas
- Pumpkin Waffles
- Strawberry Banana Smoothie

LUNCH IDEAS

- Teriyaki Pasta Salad
- Honey Mustard Chicken Salad
- Egg Salad Sandwich

SNACK IDEAS

- Zucchini Bread
- Green Smoothie
- Caramel Popcorn

MONDAY

Harissa Pasta



- Make the Harissa Pasta sauce ahead and store in the fridge for up to 3 days. Reheat on the stove and add cooked pasta when ready to serve.

TUESDAY

Veggie Pasta



- Prepare the crust ahead of time and store it in the fridge or freezer. I also like to cut the veggies ahead to make this veggie pizza extra quick to throw together.

WEDNESDAY

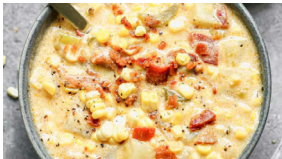
General Tso's Chicken



- Prep the General Tso's sauce, cut chicken and place in an airtight container and put in the fridge until ready to cook.

THURSDAY

Corn Chowder



- Corn chowder tastes great up to one week later, so it's a great soup to make ahead of time!

FRIDAY

Harvest Bowl



- Cook the coconut rice, place in an airtight container, prep the sweet curry sauce and put in a container in the fridge. Chicken can be made ahead of time and stored in an airtight container for up to 3 days. Reheat when ready to serve.