



**MONDAY**



**Homemade Spaghetti**  
\$9.97

**TUESDAY**



**Smothered Green Chili Chicken Burrito**  
\$14.99

**WEDNESDAY**



**Buddha Bowl**  
\$14.52

**THURSDAY**



**One Pan Parmesan Chicken & Veggies**  
\$12.48

**FRIDAY**



**Chinese Chow Mein**  
\$10.36

Estimated Total: \$62.32

**Produce:**

- Avocado (1)
- Carrot (1)
- Celery (2 ribs)
- Cabbage, shredded (2 cups)
- Basil Leaves (1/4 cup)
- Bean Sprouts (1 cup)
- Parsley (3 Tbsp)
- Ginger (2 tsp, grated)
- Garlic (5 cloves + 1 Tbsp + 2 tsp)
- Grape Tomatoes (1 cup)
- Green Onions (6)
- Onion (1 medium)
- Roma Tomato (1)
- Jalapeno Pepper (1)
- Spinach (5 cups)
- Sweet Potatoes (2)
- Yellow Squash (1)
- Zucchini (1)

**Refrigerated:**

- Butter (3 Tbsp)
- Feta Cheese, crumbled (1/2 cup)
- Parmesan Cheese, shredded (1 cup)
- Plain Greek Yogurt (1 cup)
- Cheddar Cheese (1 3/4 cup)
- Sour Cream (1/2 cup)
- Yakisoba Refrigerated Noodles (14 oz)

**Canned Goods:**

- Diced Green Chiles (4 oz)
- Low-Sodium Chicken Broth (2 cups)
- Tomato Paste (6 oz)
- Tomato Sauce (15 oz)

**Pantry:**

- All Purpose Flour (3 Tbsp)
- Asian Garlic Chili Sauce (1 tsp)
- Corn Starch (1 tsp)
- Sugar (1 Tbsp)
- Light Brown Sugar (1 Tbsp)
- Low-Sodium Soy Sauce (1/3 cup)
- Olive Oil (2/3 cup + 1 Tbsp)
- Oyster Sauce (1/4 cup)
- Plain Breadcrumbs (2/3 cup)
- Rice Vinegar (1 Tbsp)
- Salsa (1 1/2 cups)
- Sesame Oil (2 Tbsp)
- Vegetable Oil (3 Tbsp)
- White Vinegar (2 tsp)
- Worcestershire Sauce (1 Tbsp)
- Walnuts, chopped (optional)
- Falafel (optional for Buddha Bowl)

**Bread & Grains:**

- Flour Tortillas (6 large)
- Quinoa (1 1/2 cups)
- Spaghetti Noodles (for serving)

**Protein:**

- Boneless Skinless Chicken Breasts (1 lb)
- Chicken Tenders (6)
- Cooked Chicken (3 cups)
- Ground Beef (1 lb)

**Seasonings:**

- Crushed Red Pepper Flakes
- Cumin
- Dried Dill
- Dried Oregano Leaves
- Dried Parsley Flakes
- Garlic Powder
- Ground Cumin
- Italian Seasoning
- Onion Powder
- 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 155

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- Buttermilk Biscuits
- Orange Rolls
- Eggs Florentine

### LUNCH IDEAS

- Veggie Enchiladas
- Homemade Chili
- Chicken Divan

### SNACK IDEAS

- Cranberry Orange Muffins
- 7-Layer Bean Dip
- Chocolate Overnight Oats

MONDAY

#### Homemade Spaghetti



- Spaghetti sauce can be easily made ahead of time. Store it in the fridge for 3 to 4 days or freeze it. Before freezing spaghetti sauce, allow the mixture to cool completely. Label a gallon freezer bag and fill it with the sauce. Store it on a flat surface so that it freezes into a flat shape that will store easily. Store it for up to 4-6 months. To use, place frozen sauce in a pot and reheat on the stove until warm.

TUESDAY

#### Smothered Green Chili Chicken Burritos



- The chicken filling and green chile sauce can both be made a day or two in advanced, making dinner prep super easy! Store them separately, covered in the fridge

WEDNESDAY

#### Buddha Bowl



- This entire meal can be made ahead of time without the dressing and kept layered in a container in the fridge. Serve dressing on the side. Perfect for lunch or dinner meal prepping.

THURSDAY

#### One Pan Parmesan Chicken & Veggies



- This recipe tastes best fresh, but can be made ahead of time. Cooked chicken & veggies can be stored in an air tight container for up to 3 days. Reheat when ready to serve.

FRIDAY

#### Chinese Chow Mein



- This recipe tastes best fresh, but can be made ahead of time. The chow mein can be stored in an air tight container for up to 3 days. Reheat when ready to serve.