



MONDAY



Orange Peel Chicken
\$6.84

TUESDAY



Sweet Pork Burrito Bowl
\$13.75

WEDNESDAY



Beef Noodle Soup
\$29.29

THURSDAY



Buffalo Chicken Wrap
\$9.83

FRIDAY



Italian Grilled Cheese
\$4.55

Estimated Total: \$64.26

Produce:

- Avocado (1/2)
- Carrot (1/2 cup + 2 large)
- Celery (2 ribs)
- Basil Leaves (4 Tbsp)
- Garlic (6 cloves)
- Green Onions (4)
- Lettuce (for serving)
- Orange Zest (1 tsp)
- Romaine Lettuce (2 cups)
- Sauteed Mushrooms (for serving)

Protein:

- Beef Roast (2 lb)
- Boneless Skinless Chicken Breasts (2 lb)
- Pork Shoulder (2 lb)

Refrigerated:

- Butter (for spreading)
- Cheddar Cheese (8 thin slices)
- Mozzarella Cheese (8 thin slices)
- Orange Juice (1/2 cup)
- Shredded Cheddar Cheese (1/2 cup)

Canned Goods:

- Black Beans (for serving)
- Cream of Mushroom Soup (10.5 oz can)
- Diced Green Chiles (1 can)
- Low-Sodium Beef Broth (8 cups)
- Low-Sodium Chicken Broth (1/3 cup)
- Marinara Pasta Sauce (1 cup)
- Red Enchilada Sauce (10 oz)

Pantry:

- Apple Cider Vinegar (2 tsp)
- Blue Cheese or Ranch Dressing (1/2 cup)
- Brown Sugar (1/2 cup)
- Coke (3 cups)
- Cooked Mexican Rice (for serving)
- Cornstarch (1/2 cup + 2 1/2 tsp)
- Franks Hot Sauce (1/2 cup)
- Sugar (2 Tbsp)
- Salsa (for serving)
- Low-Sodium Soy Sauce (2 Tbsp)
- Oil (4 Tbsp)
- Olive Oil (2 Tbsp)
- Onion Soup Mix (1 envelope)
- Rice Wine Vinegar (1 Tbsp)
- Sriracha Hot Sauce (2 tsp)

Bread & Grains:

- Crusty Artisan Bread (8 slices)
- Flour Tortillas (4 large)
- Egg Noodles (24 oz)
- Hot Cooked Brown Rice (for serving)

Seasonings:

- Dried Rosemary
- Thyme
- Garlic Powder
- Paprika
- Salt & Pepper
- Sesame Seeds



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Meal Plan 157

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Brioche French Toast
- Eggs Benedict
- Cottage Cheese Pancakes

LUNCH IDEAS

- Taco Soup
- Cottage Pie
- Veggie Enchiladas

SNACK IDEAS

- Pepper Jelly
- Whipped Goat Cheese
- Granola Bites

MONDAY

Orange Peel Chicken



- Cut chicken breast into small pieces, make sauce - store both in the fridge until ready to cook.

TUESDAY

Sweet Pork Burrito Bowls



- Pork can be made ahead of time and stored in the fridge for 3-4 days, reheat when ready to serve. Sweet pork can also be made ahead of time and stored in the freezer for up to 3 months.

WEDNESDAY

Beef Noodle Soup



- Soup can be made ahead of time and stored in the fridge for 3-4 days. Reheat on the stove or in the microwave when ready to serve.

THURSDAY

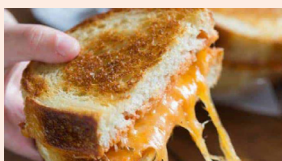
Buffalo Chicken Wrap



- Chicken can be made ahead of time and stored in an air tight container in the fridge for up to 3 days - reheat when ready to serve.

FRIDAY

Italian Grilled Cheese



- Slice cheese, set aside until ready to make.