



MONDAY



Buddha Bowl
\$14.52

TUESDAY



Chicken Taquitos
\$8.04

WEDNESDAY



Ground Beef Tacos
\$11.15

THURSDAY



Chicken Caesar Pasta Salad
\$11.53

FRIDAY



Meatloaf
\$14.99

Estimated Total: \$60.23

Produce:

- Avocado (1)
- Baby Spinach Leaves (6 cups)
- Carrot (1)
- Cherry Tomatoes (2 cups)
- Cucumber (1/2 medium size)
- Chopped Parsley (2 Tbsp)
- Jalapeno Pepper (1 small)
- Garlic Cloves (5)
- Green Onion (1/4 cup)
- Roma Tomatoes (2)
- Romaine Lettuce (6 cups)
- Sweet Onion (1/2 cup)
- Sweet Potatoes (2)
- Optional Toppings: Pickled Onions, Jalapenos, Olives

Refrigerated:

- Cream Cheese (6 oz)
- Crumbled Feta Cheese (1/2 cup)
- Eggs (2 large)
- Grated Parmesan Cheese (1/3 cup)
- Plain Greek Yogurt (1 cup)
- Shredded Cheddar Cheese (2 cups)
- Sour Cream (3/4 cup)
- Optional Toppings: Pico de Gallo, Guacamole, Cotija Cheese

Canned Goods:

- Black Beans (15 oz can)

Pantry:

- Corn Starch (1 tsp)
- Croutons (1/2 cup)
- Dijon Mustard (4 tsp)
- Ketchup (4 Tbsp + 1/2 cup)
- Light Brown Sugar (6 Tbsp)
- Olive Oil (1/3 cup)
- Salsa (1/4 cup)
- White Vinegar (2 tsp)
- Worcestershire Sauce (2 Tbsp)
- Optional: Caesar Salad Dressing, Vegetable Oil, Chopped Walnuts, Pecans, Almonds, Pine Nuts, or Pistachios

Protein:

- Boneless Skinless Chicken Breasts (1 lb)
- Cooked Shredded Chicken (2 cups)
- Ground Beef (2 lb)
- Lean Ground Beef (1 lb)
- Buddha Bowl: Falafel Balls, Grilled Chicken Breasts, Salmon or other protein

Bread & Grains:

- Breadcrumbs (1/2 cup)
- Corn or Flour Tortillas (15)
- Corn Tortillas (12)
- Penne Pasta (6 oz)
- Buddha Bowl: Quinoa, Brown Rice
- Couscous or Cauliflower Rice (1 1/2 cup)

Seasonings:

- Cayenne Pepper
- Chili Powder
- Cumin
- Dried Dill Weed
- Dried Oregano
- Dried Sage
- Garlic Powder
- Ground Cumin
- Ground Nutmeg
- Kosher Salt
- Onion Powder
- 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 159

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Whole Wheat Pancakes
- Pitaya Bowl
- Eggs Benedict

LUNCH IDEAS

- Meatloaf Sandwich
- Broccoli Cheese Soup
- Broccoli Apple Salad

SNACK IDEAS

- Granola Bites
- Instant Pot Applesauce
- English Muffins

MONDAY

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!

TUESDAY

Chicken Taquitos



- Make the filling up to 1 day in advance and store in the refrigerator. Roll in tortillas before baking.

WEDNESDAY

Ground Beef Tacos



- Make the taco filling up to a few days ahead of time and rewarm on the stove. Taco shells could be made 1-2 days ahead of time, stored in a brown paper bag.

THURSDAY

Chicken Caesar Pasta Salad



- The chicken can be cooked and all the ingredients can be chopped ahead of time. Wait to add the dressing until ready to serve.

FRIDAY

Meatloaf



- Make meatloaf and shape into loaf pan 1-2 days ahead of time. Cover and store in the refrigerator until ready to bake. Allow it to come to room temperature before baking. You can also make the meatloaf sauce several days ahead of time and store it in the refrigerator.