



MONDAY



Taco Salad
\$20.50

TUESDAY



Yellow Curry
\$12.91

WEDNESDAY



Tomato Pie
\$10.74

THURSDAY



Skillet Lasagna
\$10.93

FRIDAY



Autumn Butternut Squash and Sweet Potato Soup
\$17.46

Estimated Total: \$72.54

Produce:

Butternut Squash (1 small)
Carrot (1 large)
Cherry Tomatoes (2 cups)
Cilantro, chopped (1/2 cup + more for serving)
Chopped Red or Green Onion (1/4 cup)
Corn (1 cup)
Basil Leaves (2 Tbsp + 10 leaves)
Ginger, grated (2 tsp)
Garlic (3 cloves)
Gold Potatoes (2 medium)
Green Onion (1/2 cup)
Lime Juice (1 Tbsp)
Onion (1 medium + 1/2 large)
Roma Tomatoes (5)
Romaine Lettuce (1 head)
Sweet Potatoes (2 small)

Pantry:

Brown Sugar (1 1/2 Tbsp)
Cornstarch (2 tsp)
Fish Sauce (1 tsp)
Mayonnaise (3/4 cup)
Oil (1 Tbsp)
Olive Oil (1 Tbsp)
Pre-Baked Pie Crust (9 inch)
Yellow Curry Paste (3 Tbsp)

Canned Goods:

Black Beans (1)
Coconut Milk (27 oz)
Diced Tomatoes (14.5 oz)
Garbanzo Beans (15 oz)
Low-Sodium Chicken Broth (5 cups)
Pasta Sauce (24 oz)
Sliced Olives (1/2 cup)
Tomato Paste (2 Tbsp)

Refrigerated:

Parmesan Cheese, grated (1/2 cup + 2 Tbsp)
Cheddar Cheese, shredded (1 cup)
Guacamole (for serving)
Ricotta Cheese (1/2 cup)
Salsa (for serving)
Shredded Cheese (1/2 cup)
Shredded Mozzarella Cheese (1 3/4)
Sour Cream (optional topping)

Protein:

Boneless Skinless Chicken Breasts (1 lb)
Ground Beef (1 lb)
Ground Italian Sausage (1 lb)
Lean Ground Beef (1 lb)

Bread & Grains:

Bite-size Pasta (8 oz)
Flour Tortillas (6 - 8 inch)
Hot Cooked Rice (for serving)

Seasonings:

Red Pepper Flakes
Dried Basil
Minced Onion
Oregano Leaves
Garlic Powder
Taco Seasoning
Whole Cumin Seeds
Whole Fennel Seeds
Salt & Pepper

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from Scratch™**

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Meal Plan 160

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Green Smoothie
- Apple Sauce Muffins
- Whole Wheat Pancakes

LUNCH IDEAS

- Hibachi Chicken
- Egg Roll in a Bowl
- Taco Soup

SNACK IDEAS

- Granola Bites
- Healthy Pumpkin Muffins
- Instant Pot Yogurt

MONDAY

Taco Salad



- The taco meat and tortilla shells can be prepped a day or two in advance, stored separately. Reheat the meat mixture in the microwave or in a skillet. All of the veggies and toppings can be chopped and ready, just keep them in separate containers in the fridge.

TUESDAY

Yellow Curry



- For best results, store the yellow curry sauce in a separate container from the rice. Store both in air tight containers in the refrigerator for 3-4 days. Reheat in the microwave.

WEDNESDAY

Tomato Pie



- Pie can be made ahead of time and stored in an air tight container in the fridge. Reheat when ready to serve.

THURSDAY

Skillet Lasagna



- To prep ahead of time, make the recipe through step 2, before adding the pasta. Store it in the refrigerator and add pasta and water (step 3) when ready to cook.

FRIDAY

Autumn Butternut Squash and Sweet Potato Soup



- Depending on the freshness of your vegetables and meat, you can make this soup 1-3 days ahead of time. You can make the entire soup ahead of time and store it in the refrigerator or prep the soup ahead of time by cutting the squash and sweet potatoes into cubes, in advance.