



MONDAY



Egg Roll in a Bowl
\$10.56

TUESDAY



Cheese Enchiladas
\$9.38

WEDNESDAY



Hibachi Chicken
\$14.60

THURSDAY



Wet Burrito
\$11.64

FRIDAY



Orzo Pasta Salad
\$26.40

Estimated Total: \$72.58

Produce:

Cabbage (1 cup)
Carrot (1)
Cherry Tomatoes (2 cups)
Basil Leaves (1/2 cup)
Chopped Cilantro (1/2 cup)
Cremini Mushrooms (8 oz package)
Jalapeno Pepper (1/2)
Lemon Juice (1 1/2 Tbsp)
Tarragon (3 Tbsp)
Grated Ginger (1 Tbsp)
Garlic (1 Tbsp + 3 cloves)
Green Onions (2)
Onion (1)
Roma Tomato (1)
Tricolor Coleslaw (16 oz bag)
Yellow Onion (1)
Zucchini (2)
Optional Filling: Bell Pepper, Onion, Corn
Shredded Cabbage

Refrigerated:

Butter (2 Tbsp)
Cotija Cheese (1/4 cup)
Shredded Cheddar Cheese (5 cups)
Shredded Mozzarella Cheese (2 cups)
Optional for Serving: Sour Cream,
Guacamole, Pico de Gallo, Salsa

Canned Goods:

Artichoke Hearts (14 oz)
Black or Pinto Beans (1 can)
Red Enchilada Sauce (20 oz)
Red or Green Enchilada Sauce (2 cups)

Pantry:

Capers (1 1/2 Tbsp)
Dijon Mustard (1 1/2 Tbsp)
Dried Craisins (2/3 cup)
Egg Roll Sauces (optional for serving)
Hoisin Sauce (1 Tbsp)
Kalamata Olives (2/3 cup)
Ketchup (1 Tbsp)
Hot Sauces - Sambal Oelek, Gouchujang, or
Sriracha (optional for serving)
Low-Sodium Soy Sauce (5 Tbsp)
Mayonnaise (1 cup)
Olive Oil (1 cup)
Rice Vinegar (2 Tbsp)
Sesame Oil (4 tsp)
Tarragon Vinegar (1/3 cup)
Vegetable or Olive Oil (2 tsp)

Bread & Grains:

Flour Tortillas (5 large - burrito size)
Mexican Rice (1 1/2 cups)
Orzo Pasta (1 lb)
White Corn Tortillas (12)
Cooked White or Fried Rice (2 cups)
Cooked White Rice or Cauliflower Rice
(for serving)

Protein:

Boneless Skinless Chicken Breasts (3)
Cooked Beef, Chicken, Pork or Steak (3 cups)
Cooked Chicken (3 cups)
Ground Pork (1 lb)

Seasonings:

Garlic Powder
Paprika
Salt & Pepper

**Tastes Better
from Scratch™**

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Meal Plan 161

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Belgian Waffles
- Crepes
- Breakfast Taquitos

LUNCH IDEAS

- Taco Salad
- Waldorf Salad
- Cuban Sandwich

SNACK IDEAS

- Apple Sauce Muffins
- Pitaya Bowl
- Vanilla Protein Shake

MONDAY

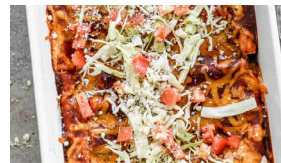
Egg Roll in a Bowl



- This is a great recipe for meal prep as leftovers will keep in the fridge for 5-7 days.

TUESDAY

Cheese Enchiladas



- Cheese enchiladas can be prepared several days in advance, if desired. For best results, place enchiladas in baking dish, and store in the fridge, separately from the sauce. Alternately, assemble the entire dish, with sauce on top, a few hours in advance.

WEDNESDAY

Hibachi Chicken



- Chop the vegetables and make the sauce several hours or a day ahead. Leftover yum yum sauce can be kept in the fridge for up to a week.

THURSDAY

Wet Burrito



- The burritos can be filled, rolled tightly and stored in the fridge 2-5 days in advance, depending on the freshness of the ingredients used.

FRIDAY

Orzo Pasta Salad



- You can make this Orzo Salad 1-2 days in advance, although I recommend waiting to add the dressing until just before serving.