



MONDAY



Mongolian Beef
13.00

TUESDAY



Lemon Chicken Piccata
\$11.93

WEDNESDAY



Cauliflower Soup
\$9.32

THURSDAY



Slow Cooker Ribs
\$24.42

FRIDAY



Detroit Pizza
\$9.06

Estimated Total: \$67.73

Produce:

Cauliflower (1 head)
Chives (for serving)
Thyme (2 tsp)
Grated Ginger (1 tsp)
Garlic (1 head + 4 cloves)
Green Onion (1 bunch)
Lemons (2)
Onion (1)
Optional Vegetables: for serving with the slow cooker ribs

Pantry:

All-Purpose Flour (1/4 cup)
BBQ Sauce (32 oz)
Capers (1/4 cup)
Cornstarch (1/3 cup + 2 tsp)
Hot Cooked Pasta or Mashed Potatoes (for serving)
Instant Yeast (1/2 tsp)
Light Brown Sugar (1/2 cup + 1 tsp)
Low-Sodium Soy Sauce (1/2 cup)
Oil (2 Tbsp)
Olive Oil (5 Tbsp)

Canned Goods:

Low-Sodium Chicken Broth (1 cup)
Pizza Sauce (3/4 cup)
Vegetable Broth (4 cups)

Refrigerated:

Butter (4 Tbsp)
Egg (1 large)
Parmesan Cheese, shredded (1/4 cup)
Heavy Whipping Cream (1 1/4 cup)
Cheddar Cheese, shredded (for serving)
Low Moisture Mozzarella Cheese, shredded (2 1/2 cup)

Protein:

Boneless Skinless Chicken Breasts (1 lb)
Flank Steak (1 lb)
Natural Casing Pepperoni (3 oz)
Pork Ribs (1 rack)

Bread & Grains:

Bread Flour (2 1/2 cups)
Breadcrumbs (1/4 cup)
Hot Cooked Rice (5 cups)

Seasonings:

Crushed Red Pepper Flakes
Garlic Powder
Ground Nutmeg
Sea Salt
Kosher Salt
Onion Powder
Salt & Pepper

**Tastes Better
from Scratch™**

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Meal Plan 162

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Whole Wheat Pancakes
- Healthy Breakfast Smoothie
- Orange Rolls

LUNCH IDEAS

- Taco Salad
- Air Fryer Grilled Cheese
- Veggie Wrap

SNACK IDEAS

- Healthy Banana Muffins
- Garlic & Parmesan Kale Chips
- Chocolate Overnight Oats

MONDAY

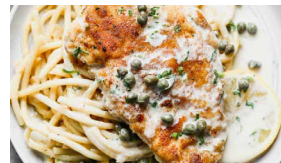
Mongolian Beef



- Make the sauce ahead by mixing all sauce ingredients and storing them in the refrigerator before using. You can also slice the meat ahead of time and store in the fridge until ready cook.

TUESDAY

Lemon Chicken Piccata



- Chicken Piccata can be made ahead of time - store in an airtight container and reheat when ready to serve.

WEDNESDAY

Cauliflower Soup



- Keep leftover cauliflower soup in an airtight container in the fridge for a few days.

THURSDAY

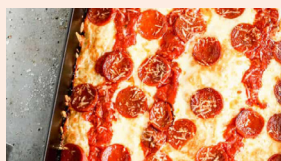
Slow Cooker Ribs



- The ribs tastes best fresh but can be made ahead of time. Store in an airtight container, reheat when ready to serve.

FRIDAY

Detroit Pizza



- Make pizza dough and refrigerate overnight or for several hours, for the "first rise". Remove from fridge and allow to come to room temperature before pressing into the pizza pan.