



## MONDAY



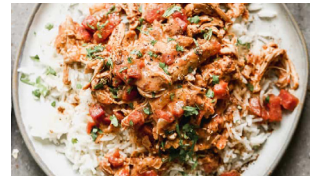
**Kung Pao Chicken**  
\$13.86

## TUESDAY



**Pimento Cheese BLT**  
\$17.86

## WEDNESDAY



**Slow Cooker Tikka Masala**  
\$16.09

## THURSDAY



**Lentil Soup**  
\$14.60

## FRIDAY



**Taco Salad**  
\$20.50

Estimated Total: \$82.91

### Produce:

Carrots (2)  
Celery (2 ribs)  
Cherry Tomatoes (2 cups)  
Cilantro (1/2 cup, chopped)  
Red or Green Onion (1/4 cup)  
Corn (1 cup)  
Cilantro (1 1/4 cup)  
Jalapeno Pepper (1/4)  
Ginger (2 tsp)  
Garlic (6 cloves)  
Green Onions (2)  
Onion (1/4 large + 4 Tbsp)  
Red Bell Pepper (1)  
Romaine Lettuce (1 head)  
Yellow Onion (2 medium)  
Guacamole (for serving)

### Canned Goods:

Black Beans (1 can)  
Unsweetened Coconut Milk (1 cup)  
Diced Tomatoes (15 oz can)  
Garbanzo Beans (15 oz)  
Low-Sodium Vegetable Broth (6 cups)  
Low-Sodium Chicken Broth (1/2 cup)  
Petite Diced Tomatoes (14.5 oz can)  
Sliced Olives (1/2 cup)  
Tomato Sauce (2 - 8 oz cans)

### Refrigerated:

Cream Cheese (8 oz)  
Egg White (1 large)  
Feta Cheese Crumbles (6 oz)  
Shredded Cheddar Cheese (2 cups)  
Shredded Cheese (1/2 cup)  
Sour Cream (for serving)

### Pantry:

Balsamic Vinegar (1 Tbsp)  
Chili Paste with Garlic (2 tsp)  
Cornstarch (3 tsp)  
Dry Lentils (1 cup)  
Dry Roasted Peanuts (1/2 cup)  
Granulated Sugar (3 1/4 tsp)  
Low-Sodium Soy Sauce (1 tsp + 1/4 cup)  
Mayonnaise (1 cup)  
Olive Oil (7 Tbsp)  
Red Wine Vinegar (2 tsp)  
Rice Vinegar (3 Tbsp)  
Salsa (for serving)  
Sesame Oil (2 tsp)  
Taco Seasoning (2 Tbsp)  
Pimentos (6 Tbsp chopped)

### Protein:

Boneless Skinless Chicken Breasts (1 1/2 lb)  
Lean Ground Beef (1 lb)  
Skinless Chicken Thighs (2 lb)

### Bread & Grains:

Flour Tortillas (6 - 8 inch)  
Hot Cooked Basmati Rice (4 cups)  
Hot Cooked Rice (3 cups)  
Pita Bread (for serving)

### Seasonings:

Cayenne Pepper  
Crushed Red Pepper Flakes  
Garam Masala  
Cumin  
Salt & Pepper  
Sweet Paprika  
Whole Dried Szechuan Peppers

**Tastes Better  
from Scratch™**

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# Meal Plan 163

## PREP INSTRUCTIONS

**Tastes Better  
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### BREAKFAST IDEAS

- Orange Julius
- Lemon Poppy Seed Bread
- Cottage Cheese Pancakes

### LUNCH IDEAS

- Chicken Noodle Casserole
- Air Fryer Grilled Cheese
- Chili

### SNACK IDEAS

- Chocolate Banana Bread
- Strawberry Banana Smoothie
- Pimento Cheese

MONDAY

#### Kung Pao Chicken



- The kung pao sauce and marinade can be prepped ahead of time and kept in an airtight container in the fridge. You can leave the chicken in the marinade for up to 4 hours.

TUESDAY

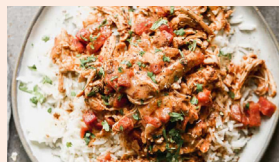
#### Pimento Cheese BLT



- Pimento can be made ahead of time and stored in an air tight container for up to 3 days before serving.

WEDNESDAY

#### Slow Cooker Tikka Masala



- Leftover crockpot chicken tikka masala will keep in the refrigerator for 3-5 days, depending on the freshness of the chicken.

THURSDAY

#### Lentil Soup



- Chop the veggies in the morning to help this soup come together even quicker. Store leftovers in the fridge for up to 5 days, making it a great meal prep soup!

FRIDAY

#### 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.