



MONDAY



Teriyaki Chicken
\$10.90

TUESDAY



Crispy Bean and Cheese Burritos
\$4.51

WEDNESDAY



Chicken Parmesan
\$11.82

THURSDAY



Pork Tenderloin
\$15.60

FRIDAY



Chicken Tortilla Soup
\$15.38

Estimated Total: \$58.21

Produce:

Bell Pepper (1)
Basil Leaves (for serving)
Cilantro (1/4 cup)
Lime Juice (1 Tbsp)
Garlic (6 cloves)
Green Onion (1)
Yellow Onion (1)
Optional for serving: cilantro, shredded cheese, sour cream, avocados, limes, tortilla chips
Optional for serving Teriyaki Chicken and Pork Tenderloin: Steam Veggies

Pantry:

Cornstarch (3 tsp)
Honey (2 Tbsp)
Italian Bread Crumbs (1 cup)
Light Brown Sugar (1/2 cup)
Low-Sodium Soy Sauce (1 cup)
Oil (4 Tbsp)
Olive Oil (1 tsp)
Rice Vinegar (1/4 cup)
Salsa (1 Tbsp)
Sesame Oil (2 Tbsp)
Your favorite pork tenderloin marinade or rub

Canned Goods:

Black Beans (15 oz)
Diced Green Chilies (4 oz)
Diced Tomatoes (14.5 oz)
Low-Sodium Chicken Broth (5 cups)
Marinara Sauce (24 oz)
Refried Beans (16 oz can)

Refrigerated:

Eggs (2)
Parmesan Cheese, grated (1/2 cup)
Frozen Corn, 1 cup)
Shredded Mexican Cheese (1/2 cup)
Shredded Mozzarella Cheese (1 cup)

Protein:

Boneless Skinless Chicken Breasts (5 breasts + 1 lb)
Pork Tenderloin (2)

Bread & Grains:

Flour Tortillas (6 medium)
Hot Cooked Rice (3)
Panko Bread Crumbs (1 cup)

Seasonings:

Chili Powder
Crushed Red Pepper Flakes
Dried Oregano Leaves
Garlic Powder
Ground Cumin
Ground Ginger
Paprika
Salt & Pepper

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from Scratch™**

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Meal Plan 166

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Crepes
- Strawberry Overnight Oats
- Applesauce Muffins

LUNCH IDEAS

- Broccoli Apple Salad
- Homemade Chili
- Egg Salad Sandwich

SNACK IDEAS

- Chocolate Pudding
- Granola Bites
- Pizza Sliders

MONDAY

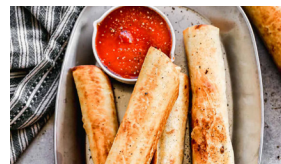
Teriyaki Chicken



- Make teriyaki sauce up to a week in advance and store in the fridge. Pour over chicken in skillet, to rewarm.

TUESDAY

Crispy Bean and Cheese Burritos



- The refried bean mixture can be made beforehand and kept in an airtight container in the refrigerator. You could also assemble and roll the burritos and store them in the fridge until dinner, when you're ready to fry them. Leftovers also reheat wonderfully, reheated in a hot pan until the tortilla gets crispy again.

WEDNESDAY

Chicken Parmesan



- Make the marinara sauce several days in advance. Butterfly and bread the chicken, and store covered in the fridge a few hours ahead of time.

THURSDAY

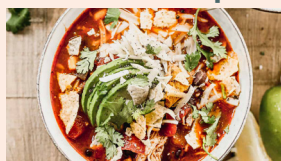
Pork Tenderloin



- Marinate the pork 2 to 24 hours ahead of time.

FRIDAY

Chicken Tortilla Soup



- Tortilla soup can be made ahead of time and stored in an air tight container in the fridge for up to 3 days. Reheat when ready to serve.