



## MONDAY



**Tuscan Chicken Pasta**  
\$15.58

## TUESDAY



**Hot Honey Salmon Bowls**  
\$18.21

## WEDNESDAY



**Beef Enchiladas**  
\$25.58

## THURSDAY



**Potato Leek Soup**  
\$17.93

## FRIDAY



**Asian Chicken Salad**  
\$12.22

Estimated Total: \$89.52

### Produce:

Baby Spinach Leaves (1 cup)  
Bell Pepper (1)  
Broccoli (10 oz)  
Brussels Sprouts (12 oz)  
Carrot (1)  
Cilantro, chopped (1/2 cup)  
Red, Green, or Napa Cabbage, chopped (2 cups)  
English Cucumber (1/2)  
Ginger, chopped - (2 Tbsp)  
Thyme (4 sprigs)  
Green Onions (2)  
Head Romaine or Green Leafy Lettuce (1 large)  
Leeks (2 large)  
Garlic, minced (1 Tbsp)  
Red Bell Pepper (1)  
Yukon Gold Potatoes (2 lb)

### Refrigerated:

Butter (4 Tbsp)  
Parmesan Cheese, grated (1/2 cup)  
Heavy Cream (1 1/2 cup)  
Milk (1 cup)  
Cheddar Cheese, shredded (1 cup)  
Monterey Jack Cheese, shredded (1 cup)  
Ranch Dressing (for serving)

### Canned Goods:

Chicken Stock (4 cups)  
Low-Sodium Beef Broth (2 cups)  
Low-Sodium Chicken Broth (3/4 cup)  
Mandarin Oranges (11 oz)

### Protein:

Bacon (2 slices)  
Boneless Skinless Chicken Breasts (2)  
Chicken Tenders (1 1/2 lb)  
Chuck Roast (2 1/2 lb)  
Salmon Fillets (1 lb)

### Pantry:

All-Purpose Flour (3/4 cup + 1 1/2 Tbsp)  
Cornstarch (2 Tbsp)  
Chow Mein Noodles (handful)  
Hoisin Sauce (2 Tbsp)  
Hot Honey (1/2 cup)  
Low-Sodium Soy Sauce (1/4 cup)  
Olive Oil (1/4 cup + 4 Tbsp)  
Red Wine Vinegar (1/4 cup)  
Sliced Almonds or Cashews (1/2 cup)  
Salsa (1 cup)  
Sesame Oil (1 Tbsp)  
Sriracha Hot Sauce (1/2 tsp)  
White Wine (1/2 cup)

### Bread & Grains:

Fettuccine Noodles (1 lb)  
Flour Tortillas (22)  
Hot Cooked Rice (4 cups)

### Seasonings:

Bay Leaves  
Chili Powder  
Crushed Red Pepper Flakes  
Dried Basil  
Dried Oregano  
Garlic Powder  
Ground Cumin  
Italian Seasoning  
Kosher Salt  
Onion Powder  
Smoked Paprika  
Salt & Pepper

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# Meal Plan 167

## PREP INSTRUCTIONS

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### BREAKFAST IDEAS

- Green Smoothie
- Breakfast Casserole
- Skinny Chocolate Muffins

### LUNCH IDEAS

- Air Fryer Salmon Bites
- Taco Salad
- Croque Monsieur

### SNACK IDEAS

- Chocolate Pudding
- Power Muffins
- Buffalo Chicken Meatballs

MONDAY

#### Tuscan Chicken Pasta



- The creamy tuscan chicken pasta sauce could be made 1-2 days ahead

TUESDAY

#### Hot Honey Salmon Bowl



- Mix seasonings, set aside. Cut vegetables, place in fridge until ready to cook. Rice can be made ahead of time and stored in an air tight container until ready to serve.

WEDNESDAY

#### Beef Enchiladas



- Enchiladas can be made ahead of time and stored in the fridge for up to 2 days before cooking. The enchiladas can also be frozen for up to 3 months.

THURSDAY

#### Potato Leek Soup



- This creamy potato leek soup can be made ahead and stored in the fridge for up to 3 days. If the soup is overly thick when rewarmed, add a splash of milk or cream. Taste and add additional salt, pepper, or thyme, as needed.

FRIDAY

#### Asian Chicken Salad



- The dressing, marinating the chicken, and chopping the salad ingredients can be done up to one day in advance. Then, when it is time to eat just grill the chicken and toss the salad with the dressing.