



MONDAY



Tuscan Chicken Pasta
\$15.58

TUESDAY



Hot Honey Salmon Bowls
\$18.21

WEDNESDAY



Beef Enchiladas
\$25.58

THURSDAY



Potato Leek Salad
\$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

**Tastes Better
from Scratch™**

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

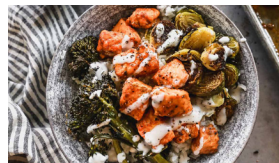
Tuscan Chicken Pasta



- 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.