



MONDAY



Mojo Pork Bowl
\$24.92

TUESDAY



Sweet and Sour Chicken
\$12.85

WEDNESDAY



Easy Beef Stroganoff
\$11.58

THURSDAY



Peanut Noodles
\$9.43

FRIDAY



Chicken Enchilada Soup
\$12.46

Estimated Total: \$71.24

Produce:

- Avocado (2 + extra for serving)
- Bell Pepper (3)
- Carrots (2)
- Celery (2 ribs)
- Basil Leaves (2 Tbsp)
- Cilantro (1 cup + 2 Tbsp)
- Lime (1/2 cup)
- Mango Salsa (1 1/2 cup)
- Mint Leaves (1/4 cup + 2 Tbsp)
- Parsley (for serving)
- Grated Ginger (1 tsp)
- Garlic Cloves (22, minced)
- Green Onion (2 + extra for serving)
- Onion (2 medium)
- Orange (1 medium)
- Sweet Onion (1/2)
- White Button Mushrooms (8 oz)
- Yellow Onion (1 cup)

Canned Goods:

- Black Beans (4 cans)
- Cream of Mushroom Soup (10.5 oz)
- Diced Green Chiles (4 oz)
- Diced Tomatoes (14.5 oz)
- Low-Sodium Beef Broth (1 1/2 cup)
- Low-Sodium Chicken Broth (6 cups)
- Pineapple Chunks (1 cup)

Refrigerated:

- Eggs (3 large)
- Heavy Whipping Cream (1/2 cup)
- Orange Juice (3/4 cup)
- Pre-Cooked Udon Noodles (1 lb)
- Shredded Cheddar or Pepper Jack Cheese
- Sour Cream (1/3 cup)

Protein:

- Boneless Skinless Chicken Breasts (4)
- Lean Ground Beef (1 lb)
- Pork Shoulder or Pork Butt (3 lb)
- Skinless Chicken Thighs (4)

Pantry:

- Apple Cider Vinegar (1 cup)
- Chili Oil (2 Tbsp)
- Low Sodium Soy Sauce (1/2 cup + 2 Tbsp)
- Cornstarch (1 cup + 1 1/2 Tbsp)
- Creamy Peanut Butter (1/2 cup)
- Dry Roasted Peanuts (2 Tbsp)
- Granulated Sugar (1 cup)
- Honey (2 1/2 Tbsp)
- Ketchup (1/2 cup)
- Oil (1/4 cup)
- Olive Oil (3 Tbsp)
- Rice Vinegar (3 Tbsp)
- Sesame Oil (2 1/2 Tbsp)

Bread & Grains:

- Corn Tortillas (for serving)
- Hot Cooked Rice (for serving)
- Cooked Egg Noodles or Rice (for serving)
- Hot Cooked Rice (11 cups)
- Yellow Corn Tortillas (5 - 6 inch)

Seasonings:

- Chili Powder
- Cumin
- Dried Oregano
- Leaves
- Garlic Salt
- Ground Coriander
- Ground Cumin
- Paprika
- Sesame Seeds
- Smoked Paprika
- Salt & Pepper



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Meal Plan 168

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Air Fryer French Toast
- Breakfast Potatoes
- Chocolate Protein Shake

LUNCH IDEAS

- Cuban Sandwich
- Pesto Pasta Salad
- Classic Chili

SNACK IDEAS

- Granola Bites
- Chocolate Pudding
- Applesauce Muffins

MONDAY

Mojo Pork Bowls



- The pork can be marinated for up to two days, depending on the freshness of the meat.

TUESDAY

Sweet and Sour Chicken



- Cut the chicken and chop veggies ahead of time, storing separately in the fridge. Make the sauce 1 to 2 days ahead of time, stored in the fridge. Then store it in the fridge. You can also cut up the veggies ahead of time to make this a super fast meal!

WEDNESDAY

Easy Beef Stroganoff



- To make ahead, make the sauce up until the last step of adding the sour cream. Store in the refrigerator for 1-3 days, (depending on the freshness of your ingredients). Reheat on the stovetop over medium-low heat, and stir in the sour cream.

THURSDAY

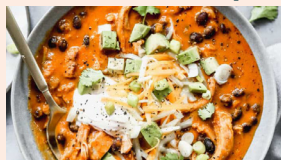
Peanut Noodles



- The sauce can be made ahead of time and stored in an airtight container until ready to cook.

FRIDAY

Chicken Enchilada Soup



- Soup can be made ahead of time and stored in an airtight container for up to 4 days. Reheat when ready to serve.