MEAL PLAN

169

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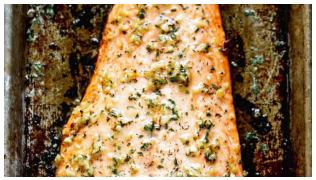
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
Baked Salmon $14.87	**Classic Chili** $21.49	**Calzone** $5.63	**Chickpea Curry** $14.89	**Mexican Pizza** $17.51

Estimated Total: $74.39

Produce:

Cilantro (1 1/2 cup)
Minced Ginger (2 Tbsp)
Lemon Juice (4 Tbsp)
Garlic Cloves (10)
Green Onion (3)
Large Onion (2)
Lemon Zest (2 tsp)
Roma Tomatoes (1)
Optional for Calzones: Onion, Jalapeno, Pineapple, Mushrooms
Optional: Veggies to go with Baked Salmon

Canned Goods:

Chickpeas (2 - 16 oz)
Diced Fire-Roasted Tomatoes (2 - 14 oz)
Diced Tomatoes (14.5 oz)
Kidney Beans (16 oz)
Low Sodium Chicken Broth (1/4 cup)
Pinto Beans (2 - 15 oz)
Pizza Sauce (for Calzones)
Red Enchilada Sauce (1 1/4 cup)
Refried Beans (2 cups)
Sliced Olives (1/2 cup)
Tomato Juice (4 cups)
Tomato Paste (2 Tbsp)
Unsweetened Coconut Milk (13.5 oz)

Pantry:

Baking Soda (pinch)
Coconut Oil (2 Tbsp)
Cornstarch (1 tsp)
Honey (1 tsp)
Ketchup (1 cup)
Light Brown Sugar (1 Tbsp)
Olive Oil (1 Tbsp)
Oil (1 Tbsp)
Packet Taco Seasoning (1)
Red Wine Vinegar (1/4 cup)

Refrigerated:

Butter (3 Tbsp + 1/2 cup)
Egg (1)
Parmesan Cheese (2 Tbsp, grated)
Cheddar Cheese (2 cups, shredded)
Mozzarella Cheese (2 cups, shredded)
Sour Cream (for serving)

Protein:

Lean Ground Beef (3 lb)
Pork Sausage (1 lb)
Salmon Fillets (1 1/2 lbs)
Optional for Calzones (Canadian Bacon, Shredded Chicken, Italian Sausage, Pepperoni)

Bread & Grains:

Corn Tortillas (20)
Hot Cooked Basmati Rice (for serving)
Naan Bread (for serving)
Pizza Dough (2 lbs)

Seasonings:

Cajun Seasoning
Cayenne Pepper
Chili Powder
Crushed Red Pepper Flakes
Dried Dill Weed
Garam Masala
Garlic Salt
Ground Coriander
Ground Cumin
Whole Cumin Seeds
Salt & Pepper
Italian Seasoning
Mustard Seed
Paprika
Raita or Tzatziki
Sea Salt
Turmeric

Tastes Better from Scratch™

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Meal Plan 169

PREP INSTRUCTIONS

Tastes Better from Scratch™

BREAKFAST IDEAS

- Breakfast Potatoes
- Crepes
- Apple Pancakes

LUNCH IDEAS

- Pastalaya
- Pizza Sliders
- Pesto Tortellini

SNACK IDEAS

- Beer Bread
- Chocolate Pudding
- Vanilla Protein Shake

MONDAY

Baked Salmon

- Salmon tastes best fresh but can be made ahead of time and reheated when ready to serve.

TUESDAY

Classic Chili

- Leftover chili will keep well stored in an airtight container in the fridge for 3-5 days. Heat on the stove until hot before serving with your favorite toppings.

WEDNESDAY

Calzone

- Pizza dough can be made 3 days in advance.
- Chop and prepare filling ingredients up to 3 days in advance, depending on freshness of ingredients.

THURSDAY

Chickpea Curry

- This easy chickpea curry is great to make ahead of time and reheat (I love it for meal prep lunches!). Keep rice and curry in separate containers in the fridge for up to 5 days.

FRIDAY

Mexican Pizza

- Pizza tastes best fresh but can be made ahead of time and stored in an air tight container for up to 3 days. Reheat when ready to serve.