



## MONDAY



**Green Curry Meatballs**  
\$11.18

## TUESDAY



**Pizza Sliders**  
\$7.95

## WEDNESDAY



**Chicken Caesar Wrap**  
\$14.65

## THURSDAY



**Quinoa Salad**  
\$7.93

## FRIDAY



**Fajita Bowls**  
\$15.84

Estimated Total: \$57.55

### Produce:

Avocado (1)  
Cherry Tomatoes (2 1/4 cups)  
Basil (1 Tbsp)  
Cilantro (1 1/2 cup)  
Corn (1 cup)  
Grated Ginger (2 tsp)  
Garlic (13 cloves)  
Green Bell Pepper (1)  
Green Onion (5)  
Fresh Oregano (1 Tbsp)  
Fresh Limes (5 + 3 1/2 Tbsp)  
Onion (1/2 cup)  
Red Bell Pepper (1)  
Red Onion (1 cup)  
Romaine Lettuce (3 cups)

### Canned Goods:

Black Beans (30 oz)  
Unsweetened Coconut Milk (2-15 oz)  
Low-Sodium Chicken Broth (3 cups)  
Marinara Sauce (1/3 cup)  
Chipotle Pepper in Adobo Sauce (1 can)  
Vegetable Broth (2 cups)

### Pantry:

Caesar Salad Dressing (1/2 cup)  
Cornstarch (1 tsp)  
Croutons (1/2 cup)  
Extra Virgin Olive Oil (1/4 cup)  
Fish Sauce (3 tsp)  
Granulated Sugar (1 tsp)  
Green Curry Paste (1 Tbsp + 2 tsp)  
Honey (1 Tbsp)  
Light Brown Sugar (2 tsp)  
Liquid Smoke (1 tsp)  
Oil (2 Tbsp + 1 1/2 tsp)  
Olive Oil (4 Tbsp)  
White Vinegar (1 1/2 tsp)

### Refrigerated:

Butter (1/4 cup)  
Egg (1 large)  
Parmesan Cheese, grated (2/3 cup)  
Mozzarella Cheese, shredded (1 1/2 cup)  
Milk (1/4 cup)  
Sour Cream (3/4 cup)

### Bread & Grains:

Cooked Jasmine Rice (4 cups)  
Flour Tortillas (5 large)  
Long-Grain White Rice (1 1/2 cups)  
Old-Fashioned Rolled Oats (1 cup)  
Hawaiian Rolls (12)  
Dry Quinoa (1 cup)

### Protein:

Boneless Skinless Chicken Breasts (1 lb)  
Lean Ground Turkey (1 1/2 lb)  
Cooked Chicken (2 cups)  
Pepperoni Slices (4 oz)

### Seasonings:

Cayenne Pepper  
Crushed Red Pepper Flakes  
Ground Black Pepper  
Chili Powder  
Garlic Powder  
Ground Cumin  
Paprika  
Salt

**Tastes Better  
from Scratch™**

Want to swap out a recipe or add a side? Add this meal plan to your collection! **Register** for a free account or **login** to get started!

# Meal Plan 180

## PREP INSTRUCTIONS

**Tastes Better  
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### BREAKFAST IDEAS

- German Pancakes
- Strawberry Banana Smoothie
- Hashbrown Breakfast Casserole

### LUNCH IDEAS

- Waldorf Salad
- Meatloaf Sandwich
- Creamy Tomato Basil Soup

### SNACK IDEAS

- Healthy Banana Muffins
- Pitaya Bowls
- Chocolate Banana Bread

MONDAY

#### Green Curry Meatballs



- Prepare the raw meatballs up to a day in advance, stored in the fridge, or freeze them.

TUESDAY

#### Pizza Sliders



- Rolls can assembled a few hours ahead of time.

WEDNESDAY

#### Chicken Caesar Wrap



- This recipe tastes best fresh but veggies can be chopped and set aside until ready to serve.

THURSDAY

#### Quinoa Salad



- This southwest quinoa salad recipe is best enjoyed the same day, but it can be stored in the fridge for up to 3 days—just don't add the avocado until ready to serve.

FRIDAY

#### Fajita Bowls



- Marinate the chicken for 1-6 hours. Rice and sauce can be made ahead of time and set aside until ready to serve.