



MONDAY



Egg Roll in a Bowl
\$10.56

TUESDAY



One Pan Garlic Parmesan Chicken & Veggies
\$12.48

WEDNESDAY



Pink Sauce Pasta
\$12.44

THURSDAY



Fajitas
\$8.53

FRIDAY



Stromboli
\$20.87

Estimated Total: \$64.88

Produce:

- Basil Leaves (1 1/2 cups)
- Bell Pepper, Red (3)
- Cilantro (1/2 cup + extra for serving)
- Tricolor Coleslaw (16 oz)
- Parsley (for serving)
- Jalapeno Pepper (1/2)
- Ginger (1 Tbsp)
- Garlic Cloves (9 + 2 Tbsp + 2 tsp)
- Grape Tomatoes (1 cup)
- Green Onions (2)
- Guacamole (for serving)
- Lime (1)
- Red or Yellow Onion (1 large)
- Shallot (1)
- Yellow Onion (1)
- Yellow Squash (1)
- Zucchini (1)

Protein:

- Large Deli Pepperoni Slices (1/3 lb)
- Large Deli Salami Slices (1/3 lb)
- Ham Slices (1/3 lb)
- Chicken Tenders (6)
- Ground Pork (1 lb)
- Steak, Chicken, or Shrimp for Fajitas (1.5 lb)

Pantry:

- Dry White Wine (1/4 cup)
- Egg Roll Sauces (for serving)
- Hoisin Sauce (1 Tbsp)
- Hot Sauce (for serving)
- Liquid Smoke (1/4 tsp)
- Low-Sodium Soy Sauce (2 Tbsp)
- Marinara or Pizza Sauce (for serving)
- Oil (2 Tbsp)
- Olive Oil (1/3 cup + 3 Tbsp)
- Plain Breadcrumbs (3/4 cup)
- Rice Vinegar (1 Tbsp)
- Salsa or Pico (for serving)
- Sesame Oil (2 tsp)

Refrigerated:

- Butter (2 Tbsp)
- Egg Wash
- Mozzarella Cheese (12 slices)
- Parmesan Cheese, grated (2 1/2 cups)
- Heavy Cream (1 1/4 cup)
- Provolone Cheese (12 slices)
- Sour Cream (for serving)

Bread & Grains:

- Cooked White Rice or Cauliflower Rice (for serving)
- Pizza Dough (1 lb store bought or homemade)
- Rigatoni (1 lb)
- Warm Flour Tortillas (for serving)

Canned Goods:

- Whole Peeled Tomatoes (29 oz)

Seasonings:

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



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 181

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Cinnamon Rolls
- Breakfast Quesadillas
- Whole Wheat Pancakes

LUNCH IDEAS

- Quinoa Salad
- French Onion Soup
- Tuna Pasta Salad

SNACK IDEAS

- Corn Salad
- Air Fryer Tofu
- Vanilla Protein Shake

MONDAY

Egg Roll in a Bowl



- This is a great recipe for meal prep as leftovers will keep in the fridge for 5-7 days.

TUESDAY

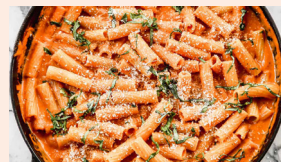
One Pan Garlic Parmesan Chicken



- This meal tastes best fresh but can be made ahead of time and stored in an air tight container for up to 3 days.

WEDNESDAY

Pink Sauce Pasta



- Make the sauce ahead of time, but store the sauce and cooked pasta separately in the fridge. Add the sauce to a saucepan to rewarm and then stir in the pasta.

THURSDAY

Fajitas



- Chop the vegetables and meat and store separately in the refrigerator up to 1 day before cooking. Fajita seasoning can be made and stored in an airtight container in the cupboard for up to six months.

FRIDAY

Stromboli



- Keep leftovers in the fridge for up to 3 days. Rewarm in the oven, air fryer, or microwave, if desired.