



MONDAY



Cold Noodle Salad
\$12.88 (price without protein)

TUESDAY



Mediterranean Meatball Bowl
\$14.27

WEDNESDAY



Steak Kabobs
\$19.08

THURSDAY



Tomato Pie
\$10.74

FRIDAY



Chicken Taquitos
\$8.04

Estimated Total: \$65.01

Produce:

- Avocado (1)
- Baby Spinach Leaves (1 cup)
- Bell Peppers (2)
- Carrot (1 medium)
- Cherry Tomatoes (1 cup)
- Basil (1/4 cup + 10 leaves)
- English Cucumber (1 1/2)
- Cilantro (1/4 cup)
- Kale (6 cups)
- Lemon Juice (1 tsp)
- Lime Juice (1/4 cup)
- Mint Leaves (1/2 cup)
- Garlic (6 cloves)
- Green Onion (1/2 cup + 6)
- Red Bell Pepper (1)
- Roma Tomatoes (5)
- Parsley (for serving)
- Sweet or Purple Onion (1)

Protein:

- Rotisserie Chicken, Shrimp, Steak or Tofu (2 cups - for Cold Noodle Salad)
- Cooked Shredded Chicken (2 cups)
- Ground Turkey (1 lb)
- Top Sirloin Steak (1.5 lb)

Pantry:

- Extra Virgin Olive Oil (1/3 cup)
- Low-Sodium Soy Sauce (1 cup)
- Mayonnaise (3/4 cup)
- Panko Breadcrumbs (2/3 cup)
- Peach Juice (1/2 cup)
- Pre-Baked Pie Crust (9 inch)
- Rice Vinegar (1/4 cup)
- Salsa (1/4 cup)
- Sesame Oil (1 Tbsp)
- Sriracha Hot Sauce (2 Tbsp)
- Vegetable or Canola Oil (1/2 cup)
- Cashews or Peanuts (1/2 cup)
- Metal or Bamboo Skewers

Refrigerated:

- Hummus (1/2 cup)
- Cream Cheese (6 oz)
- Feta Cheese Crumbles (1/4 cup)
- Parmesan Cheese, grated (2 Tbsp)
- Cheddar Cheese, grated (2 cup)
- Large Egg (1)
- Plain Greek Yogurt (1/2 cup)
- Mozzarella Cheese (1 cup)
- Sour Cream (1/4 cup)

Bread & Grains:

- Cooked Brown Rice (2 cups)
- Corn or Flour Tortillas (15)
- Lo Mein Noodles or Pancit Noodles (8 oz)

Seasonings:

- Chili Powder
- Cumin
- Dried Dill Weed
- Dried Onion Flakes
- Dried Oregano Leaves
- Garlic Powder
- Ground Cinnamon
- Ground Coriander
- Kosher Salt
- Black Pepper



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 183

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Skinny Chocolat Muffins
- Green Smoothie
- Orange Julius

LUNCH IDEAS

- Italian Grinder Chopped Salad
- Lentil Soup
- Meatball Subs

SNACK IDEAS

- 7 Layer Dip
- Chia Seed Jam
- Deviled Eggs

MONDAY

Cold Noodle Salad



- I love to make the dressing ahead of time and chop the veggies ahead to help it come together really quickly.

TUESDAY

Mediterranean Meatball Bowl



- The tzatziki sauce can be made a few days ahead, stored in the fridge. Chop veggies a few hours ahead of time.

WEDNESDAY

Steak Kabobs



- The steak can marinate for up to 8 hours ahead of time. Chop the veggies hours or a day in advance.

THURSDAY

Tomato Pie



- The pie tastes best fresh but can be made ahead of time. Reheat when ready to serve.

FRIDAY

Chicken Taquitos



- Make the filling up to 1 day in advance and store in the refrigerator. Roll in tortillas before baking.