



MONDAY



Salmon Tacos
\$25.79

TUESDAY



Turkey Burger
\$6.64

WEDNESDAY



Cheese Enchiladas
\$9.38

THURSDAY



Cottage Pie
\$20.70

FRIDAY



Thai Chicken Lettuce Wraps
\$11.70

Estimated Total: \$74.21

Produce:

Boston Bib Lettuce (for serving)
Carrot (1 cup)
Celery (2 ribs)
Shredded Cabbage (1 1/2 cup + extra for serving)
Cilantro (1 cup)
Lime Juice (for serving)
Rosemary (1 tsp)
Thyme (1 tsp)
Ginger (1/4 tsp)
Garlic (8 cloves)
Lime (1 small)
Roma Tomato (1)
Russet Potatoes (2.5 lb)
Sweet Onion (1/2)
Yellow Onion (1 small)
Toppings: Lettuce, Tomato, Onion, Pickles, Avocado, Sauteed Mushrooms, Jalapenos

Bread & Grains:

Bread Crumbs (1/3 cups)
Corn Tortillas (8)
Hamburger Buns (4)
White Corn Tortillas (12)

Pantry:

All-Purpose Flour (1/4 cup)
Beef Bouillon (1 cube)
Chunky Peanut Butter (1 Tbsp)
Dijon Mustard (1 Tbsp)
Extra Virgin Olive Oil (1 Tbsp)
Ketchup (1 1/2 Tbsp)
Low-Sodium Soy Sauce (2 tsp)
Olive Oil (1 Tbsp)
Pickled Red Onion (1/2 cup)
Sweet Chili Sauce (1/3 cup)
Worcestershire Sauce (1 tsp + 1 Tbsp)
Optional Condiments: Ketchup, Mustard, Mayonnaise, BBQ Sauce
Optional: Hot Sauce (for serving)

Refrigerated:

Butter (4 Tbsp)
Cotija Cheese (1/4 cup)
Egg (1)
Parmesan Cheese (1/2 cup)
Frozen Corn (1/2 cup)
Frozen Peas (1/2 cup)
Milk (1/2 cup)
Plain Greek Yogurt (1/2 cup)
Cheddar Cheese (5 1/2 cups)
Sour Cream (1/4 cup)

Canned Goods:

Low-sodium Beef Broth (2 1/2 cups)
Red Enchilada Sauce (20 oz)
Tomato Paste (2 Tbsp)

Protein:

Center-cut Salmon (1 lb)
Ground Chicken (1 lb)
Ground Sausage (1 lb)
Lean Ground Beef (1 lb)
Lean Ground Turkey (1 lb)
Optional Toppings: Bacon

Seasonings:

Bay Leaves
Chili Powder
Crushed Red Pepper Flakes
Garlic Powder
Kosher Salt
Onion Powder
Smoked Paprika
Salt & Pepper

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Meal Plan 186

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Apple Pancakes
- Orange Julius
- Peach Scones

LUNCH IDEAS

- Cold Noodle Salad
- Chicken Tortilla Soup
- Healthy Chicken Salad
- Lettuce Wraps

SNACK IDEAS

- Homemade Fruit Pops
- Hummus
- Deviled Eggs

MONDAY

Salmon Tacos



- Combine seasonings together and set aside until ready to cook. If making homemade corn tortillas, make and set aside.

TUESDAY

Turkey Burgers



- Form raw turkey burger patties. Place patties on a parchment lined baking sheet and cover with plastic wrap. Refrigerate up to 1 day before cooking.

WEDNESDAY

Cheese Enchiladas



- Cheese enchiladas can be prepared several days in advance, if desired. For best results, place enchiladas in baking dish, and store in the fridge, separately from the sauce. Alternately, assemble the entire dish, with sauce on top, a few hours in advance.

THURSDAY

Cottage Pie



- Cook the meat gravy and mashed potatoes and store separately in the fridge for up to 3 days. Rewarm the mashed potatoes in the microwave with a little splash of milk, to re-soften them, and then assemble before baking.

FRIDAY

Thai Chicken Lettuce Wraps



- All of the veggies can be chopped ahead, and the sauce can be made 2-3 days in advance. This is a great recipe for meal prep, as leftovers will keep in the fridge for several days and taste great reheated.