



## MONDAY



**Sloppy Joes**  
\$9.35

## TUESDAY



**Lettuce Wraps**  
\$12.13

## WEDNESDAY



**Pesto Tortellini**  
\$17.35

## THURSDAY



**Taco Salad**  
\$20.50

## FRIDAY



**Grilled Chicken  
Burger**  
\$11.76

Estimated Total: \$71.09

### Produce:

Avocado (1)  
Basil Pesto (1/4 cup)  
Boston Bib Lettuce (1 head)  
Cherry Tomatoes (3 1/2 cup)  
Cilantro (1/2 cup)  
Red or Green Onion (1/4 cup)  
Corn (1 cup)  
Basil Leaves (6)  
Ginger Root (2 tsp)  
Garlic (2 cloves)  
Green Onion (5)  
Leafy Green Lettuce (4 leaves)  
Red Bell Pepper (1)  
Red Onion (1/2)  
Romaine Lettuce (1 head)  
Yellow Onion (1/2 cup)  
Optional: Guacamole

### Canned Goods:

Black Olives (6 oz)  
Black Beans (1 can)  
Sliced Olives (1/2 cup)  
Tomato Sauce (8 oz)  
Water Chestnuts (1 cup)

### Pantry:

BBQ Sauce (1/4 cup)  
Caesar Salad Dressing (1 cup)  
Cornstarch (1 tsp)  
Granulated Sugar (2 tsp)  
Hoisin Sauce (2 Tbsp)  
Ketchup (1/3 cup)  
Low-Sodium Soy Sauce (6 Tbsp)  
Olive Oil (2 Tbsp)  
Yellow Mustard (1 tsp)  
Rice Vinegar (3 Tbsp)  
Sesame Oil (3 tsp)  
Sunflower Seeds (1/3 cup)  
Worcestershire Sauce (1 Tbsp)  
Optional: Salsa, Sriracha Hot Sauce

### Refrigerated:

Cheese Tortellini (20 oz package)  
Parmesan Cheese (2/3 cup)  
Provolone Cheese (4 slices)  
Shredded Cheese (1/2 cup)  
Optional: Sour Cream

### Bread & Grains:

Flour Tortillas 6-(8 inch)  
Hamburger Buns (9)

### Protein:

Chicken Breast Halves (4)  
Ground Beef (1 lb)  
Ground Chicken (1 lb)  
Lean Ground Beef (1 lb)

### Seasonings:

Black Pepper  
Chili Powder  
Cumin  
Garlic Powder  
Onion Powder  
Oregano  
Salt  
Taco Seasoning

**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 187

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- Chia Pudding
- Cinnamon Rolls
- Eggs Florentine

### LUNCH IDEAS

- Mason Jar Salad
- Corn Chowder
- Cashew Chicken Wraps

### SNACK IDEAS

- Granola Bites
- Healthy Banana Muffins
- Vanilla Protein Shake

MONDAY

#### Sloppy Joes



- The sloppy joe meat filling can be made up to 2 days ahead of time, depending on the freshness of the beef. Store in the refrigerator and reheat and serve on toasted buns when ready to eat.

TUESDAY

#### Lettuce Wraps



- The chicken mixture will keep well in the fridge for 2-3 days, and is great reheated, for meal prep or an easy make-ahead dinner. Warm in the microwave or on the stove and serve in lettuce cups when ready to eat.

WEDNESDAY

#### Pesto Tortellini



- Tortellini can be made ahead of time and stored in an air tight container for up to 3 days.

THURSDAY

#### Taco Salad



- The taco meat and tortilla shells can be prepped a day or two in advance, stored separately. Reheat the meat mixture in the microwave or in a skillet. All of the veggies and toppings can be chopped and ready, just keep them in separate containers in the fridge.

FRIDAY

#### Grilled Chicken Burger



- Chicken can be grilled ahead of time and stored in an air tight container for up to 2 days - reheat when ready to serve.