



MONDAY



Ham Fried Rice
\$4.78

TUESDAY



Chicken Gyros
\$21.22

WEDNESDAY



Peanut Noodles
\$9.43

THURSDAY



Chicken Caesar Pasta Salad
\$11.53

FRIDAY



Meatloaf
\$14.99

Estimated Total: \$61.95

Produce:

- Carrot (1 carrot + 1/2 cup)
- Cherry Tomatoes (3 cups)
- English Cucumber (a small piece + 1 cucumber)
- Basil Leaves (2 Tbsp)
- Cilantro (2 Tbsp)
- Mint Leaves (2 Tbsp)
- Ginger, grated (1 tsp)
- Garlic (11 cloves)
- Green Onions (1/4 cup + 5 onions)
- Lemon Juice (2 Tbsp + 2 tsp)
- Red Onion (1/2 onion)
- Romaine Lettuce (1 small + 4 cups)
- Sweet Onion (1/2 cup)

Refrigerated:

- Crumbled Feta Cheese (for serving)
- Eggs (4 large)
- Parmesan Cheese, grated (1/3 cup)
- Frozen Peas (1/2 cup)
- Plain Greek Yogurt
- Pre-cooked Udon Noodles (1 lb)

Pantry:

- Caesar Salad Dressing (for serving)
- Chili Oil (2 Tbsp)
- Creamy Peanut Butter (1/2 cup)
- Croutons (1/2 cup)
- Dijon Mustard (4 tsp)
- Dry Roasted Peanuts (2 Tbsp)
- Honey (2 1/2 Tbsp)
- Ketchup (4 Tbsp + 1/2 cup)
- Light Brown Sugar (6 Tbsp)
- Low-sodium Soy Sauce (2 Tbsp + 1/4 cup)
- Olive Oil (2 Tbsp)
- Rice Vinegar (3 Tbsp)
- Sesame Oil (6 1/2 Tbsp)
- Worcestershire Sauce (2 Tbsp)

Protein:

- Boneless Skinless Chicken Breasts (3 lb)
- Chopped Ham (3/4 cup)
- Ground Beef (2 lb)

Bread & Grains:

- Breadcrumbs (1/2 cup)
- Leftover Rice (3 cups)
- Penne Pasta (6 oz)
- Pitas (6)

Canned Goods:

- Low-sodium Chicken Broth (2 Tbsp)

Seasonings:

- Crushed Red Pepper Flakes
- Dried Dill Weed
- Dried Sage
- Ground Cinnamon
- Ground Coriander
- Ground Cumin
- Ground Nutmeg
- Kosher Salt
- Salt & Pepper
- Onion Powder
- Sesame Seeds
- Smoked Paprika
- Turmeric



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Meal Plan 188

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Chocolate Chip Muffins
- Sheet Pan Pancakes
- Cherry Clafoutis

LUNCH IDEAS

- Cold Noodle Salad
- Lasagna Soup
- Buffalo Chicken Wrap

SNACK IDEAS

- Protein Ice Cream
- Applesauce Muffins
- Homemade Granola

MONDAY

Ham Fried Rice



- Use leftover, cooked rice that can be prepared and refrigerated several days ahead of time.

TUESDAY

Chicken Gyros



- The tzatziki sauce and marinade can be mixed and stored in separate airtight containers for up to 2-3 days in advance. Chop the onion, cucumber, tomato and romaine a few hours in advance to make dinner go even quicker.

WEDNESDAY

Peanut Noodles



- Noodles can be made ahead of time and stored in an air tight container for up to 3 days. Reheat when ready to serve.

THURSDAY

Chicken Caesar Pasta Salad



- The chicken can be cooked and all the ingredients can be chopped ahead of time. Wait to add the dressing until ready to serve.

FRIDAY

Meatloaf



- Make meatloaf and shape into loaf pan 1-2 days ahead of time. Cover and store in the refrigerator until ready to bake. Allow it to come to room temperature before baking. You can also make the meatloaf sauce several days ahead of time and store it in the refrigerator.