



MONDAY



Honey Mustard Chicken
\$12.38

TUESDAY



Easy Beef Stroganoff
\$11.58

WEDNESDAY



Quinoa Burger
\$17.38

THURSDAY



Yellow Curry
\$12.91

FRIDAY



BBQ Pulled Pork Nachos
\$21.26

Estimated Total: \$75.51

Produce:

Avocado (1)
Baby Arugula (1 1/2 cups)
Brussels Sprouts (1 1/2 cups)
Butternut Squash (1 1/2 cups)
Carrot (1 large)
Parsley, chopped (for serving)
Cilantro (for serving + garnish)
Rosemary (2 tsp)
Spinach Leaves (1/2 cup)
Ginger, grated (2 tsp)
Garlic Cloves (5)
Gold Potatoes (2 medium)
Green Onions (2)
Lime Juice (1 Tbsp)
Onion (1 + 1 small)
Red Bell Pepper (1/2)
Red Onion (1/2 large)
Tomato (1)
White Button Mushrooms (8 oz)

Bread & Grains:

Cooked Brown Rice (1 cup)
Egg Noodles or Rice (for serving)
Cooked Quinoa (2 cups)
Hot Rice (for serving)
Panko Bread Crumbs (1/2 cup)
Tortilla Chips (8 oz bag)
Whole Wheat Buns (5)

Pantry:

BBQ Sauce (1/2 cup + extra for coating meat)
Brown Sugar (2 1/2 Tbsp)
Coke (not diet) - (12 oz)
Cornstarch (2 tsp)
Dijon Mustard (3 Tbsp)
Fish Sauce (1 tsp)
Honey (3 Tbsp)
Oil (1 Tbsp + 2 Tbsp for searing)
Yellow Curry Paste (3 Tbsp)
Optional for serving: Salsa, Sour Cream, Your favorite sauce

Canned Goods:

Jalapenos and Yellow Peppers (1 cup)
Black Beans (15 oz)
Coconut Milk (27 oz)
Cream of Mushroom Soup (10.5 oz)
Low-Sodium Beef Broth (1 1/2 cup)

Refrigerated:

Cheddar Cheese, shredded (2 cups)
Eggs (2 large)
Plain Greek Yogurt (1/4 cup)
Provolone Cheese (5 slices)
Sour Cream (1/3 cup)

Protein:

Bone-in, Skin-on Chicken Thighs or Breasts (6)
Boneless Skinless Chicken Breasts (1 lb)
Lean Ground Beef (1 lb)
Pork Shoulder (4 lb)
Pulled Pork (2 cups)

Seasonings:

Chili Powder
Cumin
Fine Sea Salt
Garlic Powder
Kosher Salt
Onion Powder
Black Pepper

**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 189

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Quiche Lorraine
- Buttermilk Pancakes
- Green Smoothie

LUNCH IDEAS

- Taco Salad
- Corn Chowder
- Buffalo Chicken Wrap

SNACK IDEAS

- Protein Ice Cream
- Strawberry Banana Smoothie
- Pitaya Bowl

MONDAY

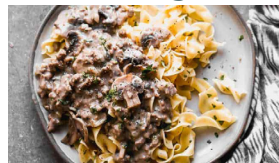
Honey Mustard Chicken



- Make marinade ahead and chop all the veggies ahead of time. Store separately in the fridge, until ready to assemble dinner.

TUESDAY

Easy Beef Stroganoff



- To make ahead, make the sauce up until the last step of adding the sour cream. Store in the refrigerator for 1-3 days, (depending on the freshness of your ingredients). Reheat on the stovetop over medium-low heat, and stir in the sour cream.

WEDNESDAY

Quinoa Burger



- Make the quinoa burger patties and store them, uncooked and covered, in the fridge up to 2 days ahead of time.

THURSDAY

Yellow Curry



- Yellow Curry can be made ahead of time. For best results, store the yellow curry sauce in a separate container from the rice. Store both in air tight containers in the refrigerator for 3-4 days. Reheat in the microwave.

FRIDAY

BBQ Pulled Pork Nachos



- Pork can be made ahead of time and stored in the fridge for 2-3 days, or frozen for up to 3 months.