

MONDAY



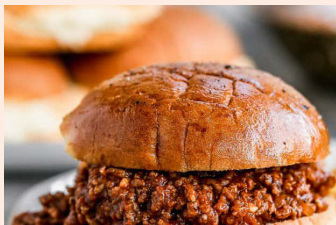
Pastalaya

TUESDAY



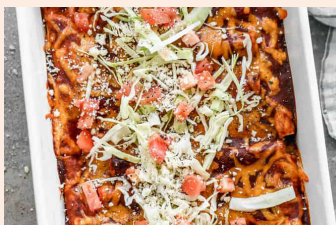
Hibachi Chicken

WEDNESDAY



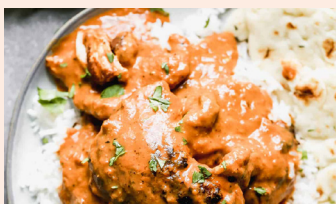
Sloppy Joes

THURSDAY



Cheese Enchiladas

FRIDAY

Chicken
Tikka Masala

DESSERT



Peach Cobbler

WEEK 3 FALL MEAL PLAN

WEEK 3 MENU:

Pastalaya
Hibachi Chicken
Sloppy Joes
Cheese Enchiladas
Chicken Tikka Masala
Dessert: Peach Cobbler

Want to Swap Out a Recipe? No Problem.

1. Login or create a free account.
2. Navigate to the recipe collections page.
3. In the "your collections" category, hover over "pre-made collections" and select "Fall Meal Plan Week 3".

See our tutorials for how to:

Customize the meal plan and Create a new shopping list

Need Additional Help?

Our team is happy to answer any questions, or even help you customize your meal plan. Contact us at hello@tastesbetterfromscratch.com.

We also have video tutorials **HERE** to help you get the most from our free meal planning tools.



Want the printable recipes +

- Make Ahead Instructions
- Gluten Free Substitutions
- Dairy Free Substitutions
- Additional Fall Recipe Ideas

Check out our paid version of the fall meal plan for \$7.99

Refrigerated:

Butter (8 Tbsp)
Cotija Cheese (1/4 cup)
Milk (3/4 cup)
Plain Greek Yogurt (1/2 cup)
Shredded Cheddar Cheese (6 cups)
Sour Cream (for serving)

Pantry:

All-purpose Flour (1 cup)
Baking Powder (2 tsp)
BBQ Sauce (1/4 cup)
Canola Oil (2 Tbsp)
Granulated Sugar (1 3/4 cup)
Ketchup (1/3 cup + 1 Tbsp)
Low-Sodium Soy Sauce (3 Tbsp)
Mayonnaise (1 cup)
Oil (2 Tbsp)
Olive Oil (2 Tbsp)
Yellow Mustard (1 tsp)
Rice Vinegar (1 Tbsp)
Sesame Oil (2 tsp)
Vegetable Oil or Olive Oil (2 tsp)
Worcestershire Sauce (1 Tbsp)

Produce:

Cabbage (1 cup)
Carrot (1)
Celery (3 ribs)
Cilantro (1/2 cup)
Cremini Mushrooms (8 oz)
Ginger (1 inch + 1 tsp)
Garlic (16 cloves)
Green Bell Pepper (1)
Green Onions (4)
Lime Juice (1 Tbsp)
Onion (3 + 1/2 cup)
Peaches (5)
Roma Tomato (1)
Zucchini (2)

Canned Goods:

Birds Eye Chili or Jalapeno (1)
Coconut Milk (1 cup)
Diced Tomatoes (14 oz)
Low-sodium Chicken Broth (2 1/2 cups)
Petite Diced Tomatoes (14.5 oz)
Red Enchilada Sauce (20 oz)
Tomato Sauce (8 oz + 1/2 cup)

Bread & Grains:

Hamburger Buns (5)
Cooked White Rice or Fried Rice (2 cups)
Hot Cooked Basmati Rice (for serving)
Penne Pasta or Banza (1 lb)
White Corn Tortillas (12-14)
Naan, Chapati, or Rotis (for serving)

Protein:

Andouille Sausages (1 lb)
Boneless Skinless Chicken Breasts (3.5 lbs)
Boneless Skinless Chicken Thighs (2 lbs)
Ground Beef (1 lb)

Seasonings:

Bay Leaf
Cajun Seasoning
Cayenne Pepper
Cinnamon Stick
Dried Basil
Garam Masala
Garlic Powder
Ground Cinnamon
Ground Coriander
Ground Cumin
Kosher Salt & Black Pepper
Paprika
Smoked Paprika
Turmeric
Whole Cloves
Whole Peppercorns

RECIPES:

Pastalaya

Hibachi
Chicken

Sloppy Joes

Cheese
Enchiladas

Chicken Tikka
Masala

Peach Cobbler