



MONDAY



Slow Cooker Creamy Ranch Pork Chops
\$12.53

TUESDAY



Thai Quinoa Salad
\$9.07

WEDNESDAY



Chicken Marsala Pasta
\$25.71

THURSDAY



Walking Tacos
\$14.81

FRIDAY



Crispy Chicken Sandwich
\$8.33

Estimated Total: \$70.45

Produce:

- Avocado (1)
- Carrots (1 cup)
- Celery (1 rib)
- Edamame (1 cup)
- Parsley, chopped (1/4 cup)
- Cilantro (1/2 cup)
- Mushrooms (8 oz)
- Ginger, grated (2 tsp)
- Garlic (2 cloves + 2 tsp)
- Green Onions (2)
- Lemon Juice (1 tsp)
- Red Bell Pepper (1)
- Red Cabbage (1 heaping cup)
- Red Onion (1/4 cup)
- Romaine Heart (1)
- Shallot (1)
- Tomato (1 large)
- Yellow Onion (1/2)

Refrigerated:

- Butter (1 Tbsp)
- Egg (1 large)
- Parmesan Cheese, grated (1/2 cup)
- Heavy Cream (2 cups)
- Milk (1 1/2 cups)
- Shredded Cheddar Cheese (1 cup)
- Sour Cream (optional for serving)

Pantry:

- Marsala Wine (1 cup)
- All-Purpose Flour (1 cup + 3 Tbsp)
- Baking Powder (1/2 tsp)
- BBQ Sauce (2 tsp)
- Cashews (1/2 cup)
- Chicken Bouillon Cubes (2)
- Cornstarch (2 Tbsp)
- Creamy Peanut Butter (1/4 cup)
- Dijon Mustard (1 tsp)
- Fritos Corn Chips (5 (1 oz bag)
- Honey (3 Tbsp)
- Low-Sodium Soy Sauce (3 Tbsp)
- Mayonnaise (1/2 cup)
- Olive Oil (2 Tbsp + 1 tsp)
- Pickle Juice (1/2 cup)
- Powdered Sugar (3 Tbsp)
- Red Wine Vinegar (1 Tbsp)
- Sesame Oil (1 tsp)
- Sriracha Hot Sauce (1 tsp)
- Yellow Mustard (3 tsp)
- Oil for frying
- Salsa (optional for serving)

Protein:

- Boneless Skinless Chicken Breasts (1.5 lb)
- Chicken Breast Halves (4)
- Lean Ground Beef (0.50 lb)
- Pork Chops (4)

Canned Goods:

- Chili Beans (16 oz)
- Cream of Chicken Soup (10.5 oz)
- Cream of Mushroom Soup (10.5 oz)
- Crushed Tomatoes (14.5 oz)
- Low-Sodium Chicken Broth (2 cups)
- Sliced Olives (1 small can)

Bread & Grains:

- Dry Orecchiette Pasta (1 lb)
- Hamburger Buns (4)
- Quinoa (3/4 cup)

Seasonings:

- Cayenne Pepper
- Chili Powder
- Crushed Red Pepper Flakes
- Dried Basil
- Dried Dill
- Dried Oregano Leaves
- Dried Parsley
- Dried Thyme
- Garlic Powder
- Cumin
- Onion Powder
- Paprika
- Salt & Pepper



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 190

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Snickerdoodle Muffins
- Quiche Lorraine
- Breakfast Taquitos

LUNCH IDEAS

- Avocado Chicken Salad
- Lettuce Wraps
- Homemade Chili
- Monte Cristo Sandwich

SNACK IDEAS

- Tomato Cucumber Salad
- Frozen Yogurt
- Banana Bread

MONDAY

Slow Cooker Creamy Ranch Pork Chops



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

TUESDAY

Thai Quinoa Salad



- The veggies, quinoa, and peanut sauce can all be prepped in advance to make this quinoa salad even more effortless! Store everything separately in airtight containers in the fridge.

WEDNESDAY

Chicken Marsala Pasta



- Cut and season chicken and refrigerate up to a day ahead. Make sauce just until the step of adding chicken and pasta. Store sauce in the fridge. When ready to eat, rewarm sauce, and add chicken and pasta, following remaining recipe instructions.

THURSDAY

Walking Tacos



- The beef mixture can be made 2-3 days ahead of time (depending on the freshness of the ingredients), stored in the fridge. Reheat on the stove before serving

FRIDAY

Crispy Chicken Sandwich



- Marinate the chicken for 30 minutes. Make the Chick-fil-A sauce by combining all ingredients in a bowl. Mix well and set aside