



MONDAY



Pork Carnitas
\$17.98

TUESDAY



Honey Mustard Chicken Salad
\$12.38

WEDNESDAY



Garlic Chicken
\$11.32

THURSDAY



Drunken Noodles
\$12.67

FRIDAY



Cottage Pie
\$20.70

Estimated Total: \$75.05

Produce:

Carrots (3)
Celery (2 ribs)
Garlic Cloves (10 + 3 heads)
Ginger, minced (1/2 tsp)
Rosemary (1 tsp)
Thai Holy Basil Leaves (1 cup)
Thyme (6 sprigs + 1 tsp)
Green Bell Pepper (1)
Green Onions (2)
Oranges (2)
Limes (2)
Large Green Salad (to serve 4)
Lemon Juice (2 Tbsp)
Onions (2)
Roma Tomatoes (1)
Russet Potatoes (2 1/2 lb)
Scallion (1)
Shallots (2)
Yellow Onion (1 small)
Zucchini (1)

Canned Goods:

Chicken Stock (2 cups)
Low-Sodium Beef Broth (2 1/2 cups)
Tomato Paste (2 Tbsp)

Pantry:

All-Purpose Flour (1/4 cup)
Beef Bouillon (1 cube)
Brown Sugar (2 tsp)
Corn Flakes Cereal (2 cups)
Cornstarch (3 1/2 tsp)
Dijon Mustard (4 Tbsp)
Fish Sauce (2 tsp)
Honey (4 Tbsp)
Low-Sodium Soy Sauce (1/3 cup)
Oyster Sauce (3 Tbsp)
Sesame Oil (2 Tbsp)
Thai Red Chili Paste (1 tsp)
Vegetable Oil (1 Tbsp)
White Wine (1/2 cup)
Worcestershire Sauce (2 Tbsp)

Refrigerated:

Butter (8 Tbsp)
Cheddar Cheese, shredded (1/2 cup)
Parmesan Cheese, grated (1/2 cup)
Frozen Corn (1/2 cup)
Frozen Peas (1/2 cup)
Light Mayonnaise (1 cup)
Milk (1/2 cup)
Sour Cream (1/4 cup)

Bread & Grains:

Crusty Bread Baguette (for serving)
Wide Rice Noodles (8 oz)

Protein:

Chicken Breast (1 large)
Chicken Tenders (4)
Chicken Thighs (6-8)
Ground Sausage (1 lb)
Lean Ground Beef (1 lb)
Pork Shoulder (4 lb)

Seasonings:

Bay Leaves
Chili Powder
Salt & Pepper
Oregano Leaves
Ground Cumin

**Tastes Better
from Scratch™**

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Meal Plan 192

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Buttermilk Pancakes
- Hawaiian French Toast Casserole
- Freezer Breakfast Sandwiches

LUNCH IDEAS

- Protein Pizza
- Waldorf Salad
- Monte Cristo Sandwich

SNACK IDEAS

- Cowboy Caviar
- Instant Oatmeal
- Snickerdoodle Muffins

MONDAY

Pork Carnitas



- Add everything to the pot, cover and refrigerate for 1-2 days before cooking (depending on the freshness of your ingredients).

TUESDAY

Honey Mustard Chicken Salad



- The honey mustard dressing keeps for one week, stored in the refrigerator. The chicken can be prepared up until the baking step, 1 day in advance.

WEDNESDAY

Garlic Chicken



- This meal tastes best fresh but can be made ahead of time and stored in an airtight container for up to 3 days, reheat when ready to serve.

THURSDAY

Drunken Noodles



- This meal tastes best fresh but can be made ahead of time and stored in an airtight container for up to 3 days, reheat when ready to serve.

FRIDAY

Cottage Pie



- Cook the meat gravy and mashed potatoes and store separately in the fridge for up to 3 days. Rewarm the mashed potatoes in the microwave with a little splash of milk, to re-soften them, and then assemble before baking