



**MONDAY**



**Protein Pizza**  
\$5.00

**TUESDAY**



**Autumn Butternut Squash and Sweet Potato Soup**  
\$17.46

**WEDNESDAY**



**Chicken Tikka Masala**  
\$25.39

**THURSDAY**



**Waldorf Salad**  
\$10.90

**FRIDAY**



**Hibachi Chicken**  
\$14.60

Estimated Total: \$73.35

**Produce:**

- Boston Bib Lettuce (for serving)
- Butternut Squash (1 small)
- Carrot (1)
- Celery (1 rib)
- Cilantro (1/2 cup)
- Cremini Mushrooms (8 oz pkg)
- Ginger (1 inch + 1 tsp grated)
- Garlic (10 cloves)
- Green Apple (1)
- Lime Juice (1 Tbsp)
- Onion (3 medium)
- Red Apple (1)
- Red Seedless Grapes (1 cup)
- Sweet Potatoes (2 small)
- Yellow Onion (1)
- Zucchini (2)

**Bread & Grains:**

- Cooked White or Fried Rice (2 cups)
- Hot cooked Basmati Rice (for serving)
- Naan, Chapati, or Rotis (for serving)

**Refrigerated:**

- Butter (2 Tbsp)
- Plain Greek Yogurt (1 1/2 cup)
- Shredded Mozzarella Cheese (1 cup)

**Pantry:**

- All-Purpose Flour (1 cup)
- Baking Powder (1 1/2 tsp)
- Canola Oil (2 Tbsp)
- Golden Raisins (1/4 cup)
- Granulated Sugar (1 tsp)
- Ketchup (1 Tbsp)
- Low-Sodium Soy Sauce (3 Tbsp)
- Mayonnaise (1 1/3 cups)
- Olive Oil (2 Tbsp)
- Red Wine Vinegar (1 tsp)
- Rice Vinegar (1 Tbsp)
- Sesame Oil (2 tsp)
- Walnut Halves (1/3 cup)
- Vegetable or Olive Oil (2 tsp)

**Canned Goods:**

- Bird's Eye Chili (1)
- Coconut Milk (1 cup)
- Diced Tomatoes (2 - 14.5 oz cans)
- Garbanzo Beans (15 oz)
- Low-Sodium Chicken Broth (5 cups)
- Pizza Sauce (1/2 cup)
- Tomato Paste (2 Tbsp)
- Tomato Sauce (1/2 cup)

**Protein:**

- Turkey Pepperoni (1/2 cup)
- Boneless Skinless Chicken Breasts (3)
- Boneless Skinless Chicken Thighs (2 lbs)
- Ground Italian Sausage (1 lb)

**Seasonings:**

- Bay Leaves
- Cayenne Pepper
- Cinnamon Stick
- Garam Masala
- Garlic Powder
- Smoked Paprika
- Whole Cloves
- Whole Cumin Seeds
- Whole Fennel Seeds
- Whole Peppercorns
- Ground Coriander
- Ground Cumin
- Italian Seasoning
- Paprika
- Turmeric



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 193

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- Instant Oatmeal
- Buttermilk Pancakes with Homemade Pancake Syrup
- Green Smoothie

### LUNCH IDEAS

- Patty Melt
- Thai Chicken Lettuce Wraps
- Classic Homemade Chili

### SNACK IDEAS

- Sopapillas
- Chia Pudding
- Chocolate Banana Bread

MONDAY

#### Protein Pizza



- Pizza can be made ahead of time and stored in an airtight container for up to 3 days, reheat when ready to serve.

TUESDAY

#### Autumn Butternut Squash Soup



- Depending on the freshness of your vegetables and meat, you can make this soup 1-3 days ahead of time. You can make the entire soup ahead of time and store it in the refrigerator or prep the soup ahead of time by cutting the squash and sweet potatoes into cubes, in advance.

WEDNESDAY

#### Chicken Tikka Masala



- The chicken tikka marinade and chicken can be prepared up to one day ahead of time. The sauce can be made up to 3 days ahead of time, stored in the fridge. Cook the chicken and warm the sauce the day of serving.

THURSDAY

#### Waldorf Salad



- You can make this easy Waldorf Salad recipe a few hours in advance, or until ready to serve.

FRIDAY

#### Hibachi Chicken



- Chop the vegetables and make the sauce several hours or a day ahead. Leftover yum yum sauce can be kept in the fridge for up to a week.