



## MONDAY



**Ground Beef Tacos**  
\$11.15

## TUESDAY



**Chow Mein**  
\$10.36

## WEDNESDAY



**Patty Melt**  
\$18.00

## THURSDAY



**Chicken and Dumplings**  
\$14.56

## FRIDAY



**Veggie Wrap**  
\$9.79

Estimated Total: \$63.86

### Produce:

Avocados (1)  
Baby Spinach Leaves (2 cups)  
Carrots (4 large)  
Celery (4 ribs)  
Edamame (1 cup)  
English Cucumber (1)  
Cabbage (2 cups, shredded)  
Bean Sprouts (1 cup)  
Ginger (2 tsp, grated)  
Garlic (4 cloves)  
Green Onions (4)  
Roma Tomatoes (1)  
Romaine Lettuce (2 cups)  
Yellow Onion (3 large)  
Veggie Ideas: Alfalfa, Tomato, Radishes,  
Corn, Lettuce, Cabbage, Beets, Bell Peppers

### Refrigerated:

Hummus (2/3 cup)  
Yakisoba Noodles (14 oz)  
Monterey Jack or Swiss Cheese (10 large slices)  
Butter (8 Tbsp)  
Frozen Peas (1/2 cup)  
Milk (3/4 cup)  
Sour Cream (3/4 cup)  
Shredded Cheddar Cheese (1 cup)  
Unsalted Butter (5 Tbsp)  
Optional Toppings: Guacamole, Pico, Cotija  
Cheese, Pickled Onion, Jalapenos

### Pantry:

All-Purpose Flour (2 cups)  
Asian Garlic Chili Sauce (1 tsp)  
Baking Powder (1 Tbsp)  
Chicken Bouillon Paste (4 tsp)  
Corn Starch (2 tsp)  
Ketchup (2/3 cup)  
Light Brown Sugar (1 Tbsp)  
Olive Oil (for drizzling + 2 Tbsp)  
Low-Sodium Soy Sauce (1/3 cup)  
Mayonnaise (1/2 cup)  
Oil (2 Tbsp)  
Oyster Sauce (1/4 cup)  
Rice Vinegar (1 Tbsp)  
Sesame Oil (2 Tbsp)  
Vegetable Oil (3 Tbsp)  
White Vinegar (1 tsp)  
Yellow Mustard (1 heaping Tbsp)

### Canned Goods:

Black Bean (15 oz)  
Evaporated Milk (12 oz)  
Low-Sodium Chicken Broth (6 cups)  
Pickle Relish (2 Tbsp)

### Bread & Grains:

Sourdough Bread (10 slices- good quality)  
Corn Tortillas (12)  
Whole Wheat Flour Tortillas (4 large)

### Protein:

Boneless Skinless Chicken Breasts (1 lb)  
Boneless Skinless Chicken Thighs (1.5 lb)  
Ground Chunk (1.5 lb)  
Lean Ground Beef (1 lb)

### Seasonings:

Cayenne Pepper  
Chili Powder  
Dried Oregano  
Dried Rosemary  
Dried Thyme  
Garlic Powder  
Ground Cumin  
Onion Powder  
Paprika  
Kosher Salt  
Black Pepper

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# Meal Plan 194

## PREP INSTRUCTIONS

**Tastes Better  
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### BREAKFAST IDEAS

- Japanese Souffle Pancakes
- Sheet Pan Pancakes
- Green Smoothie

### LUNCH IDEAS

- Easy Cajun Chicken Pasta
- Broccoli Cheddar Soup
- Apple Pecan Salad

### SNACK IDEAS

- Carrot Cake Loaf
- Chia Pudding
- Deviled Eggs

MONDAY

#### Ground Beef Tacos



- The ground beef taco meat can be made up to a few days in advance, stored in the fridge. The taco shells can be fried a day in advance, stored in a brown paper bag at room temperature.

TUESDAY

#### Chow Mein



- Noodles can be made ahead of time and stored in an airtight container for up to 3 days.

WEDNESDAY

#### Patty Melt



- The sauce can be made ahead of time and kept in the fridge until ready to assemble the homemade patty melt. The caramelized onions could also be cooked 1-2 days ahead, and reheated for a few seconds before serving.

THURSDAY

#### Chicken & Dumplings



- Make this easy chicken and dumplings 1-3 days ahead of time, excluding the dumplings. When ready to eat, rewarm on the stove, bring to a simmer and add dumplings.

FRIDAY

#### Veggie Wrap



- Wraps can be made ahead of time and stored in an airtight container in the fridge.