



\$20.02

MONDAY



TUESDAY



WEDNESDAY

Kung Pao Chicken \$13.86



THURSDAY

Avocado Chicken Mexican Pizza
Salad Lettuce Wraps \$17.51
\$13.42

FRIDAY

Estimated Total: \$78.29

Produce:

Avocado (1) Bell Pepper (1/2) Broccoli, chooped (4 1/2 cups) Celery, finely diced (1 cup) Basil Leaves (1 container) Spinach Leaves (1 1/2 cups) Ginger, grated (1 tsp) Garlic (4 cloves) Carrot, grated (1 cup) Green Onions (5) Lemon Juice (2 tsp) Onion (1/2 large + 3 Tbsp) Potatoes (2 small/medium) Red Bell Pepper (1) Roma Tomatoes (1) Romaine Hearts or Bib Lettuce (for serving)

Canned Goods:

Yellow Onion (1 medium)

Low-sodium Vegetable Broth (3 cups) Low-sodium Chicken Broth (1/2 cup) Red Enchilada Sauce (1 1/4 cups) Refried Beans (2 cups) Sliced Olives (1/2 cup) Tomato Sauce (8 oz can)

Pantry:

All-purpose Flour (1/2 cup)
Chili Paste with Garlic (2 tsp)
Cornstarch (3 tsp)
Dry Roasted Peanuts (1/2 cup)
Granulated Sugar (3 1/4 tsp)
Low-sodium Soy Sauce (1/4 cup + 1 tsp)
Mayonnaise (1/4 cup)
Oil (1 Tbsp)
Olive Oil (4 Tbsp)
Red Wine Vinegar (2 tsp)
Rice Vinegar (3 Tbsp)
Sesame Oil (2 tsp)

Refrigerated:

Butter (9 Tbsp)
Egg White (1 large)
Parmesan Cheese, grated (8 oz)
Half and Half (2 cups)
Mozzarella Cheese, shredded (1 lb)
Milk (2 1/2 cups)
Plain Greek Yogurt (1/4 cup)
Cheddar Cheese, shredded (5 cups)
Whole Milk (1 1/2 cups)

Bread & Grains:

Corn Tortillas (20) Hot Cooked Rice (3 cups) Lasagna Noodles (9 regular)

Protein:

Boneless Skinless Chicken Breasts (1.5 lb) Cooked Chicken (2 cups) Ground Italian Sausage (0.5 lb) Lean Ground Beef (1.5 lb)

Seasonings:

Crushed Red Pepper Flakes Italian Seasoning Salt & Pepper Whole Dried Szechuan Peppers Taco Seasoning (1 packet or homemade)



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 195 PREP INSTRUCTIONS

Tastes Better from Scratch

BREAKFAST IDEAS

- Breakfast Fried Rice
- Green Smoothie
- Orange Rolls

LUNCH IDEAS

- Mason Jar Salads
- Chicken Tortilla Soup
- Chicken Caesar Pasta Salad

SNACK IDEAS

- Pitaya Bowl
- Banana Bread
- Protein Bars

Lasagna

MONDAY

 Both the white and red sauces can be made in advance. You can also assemble the entire lasagna and cover it with plastic wrap then tinfoil and keep it in the fridge for up to 2 days. Bake as directed.

Broccoli Cheese Soup



• The soup can be made ahead of time. Pour in an airtight container and keep in the fridge for 3-4 days. Reheat in microwave or on stovetop.

WEDNESDAY

TUESDAY

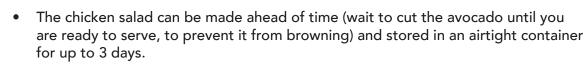
Kung Pao Chicken



• The kung pao sauce and marinade can be prepped ahead of time and kept in an airtight container in the fridge. You can leave the chicken in the marinade for up to 4 hours.



Avocado Chicken
Salad Lettuce Wraps



FRIDAY



• The ground beef can be made ahead of time and stored in an airtight container, reheat before assembling the pizzas.