



## MONDAY



**Lasagna**  
\$20.02

## TUESDAY



**Broccoli Cheese Soup**  
\$13.48

## WEDNESDAY



**Kung Pao Chicken**  
\$13.86

## THURSDAY



**Avocado Chicken  
Salad Lettuce Wraps**  
\$13.42

## FRIDAY



**Mexican Pizza**  
\$17.51

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)  
Yellow Onion (1 medium)

### Canned Goods:

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)

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from Scratch™**

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# Meal Plan 195

## PREP INSTRUCTIONS

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### 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

MONDAY

### Lasagna



- 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.

TUESDAY

### 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

### 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.

THURSDAY

### Avocado Chicken Salad Lettuce Wraps



- The chicken salad can be made ahead of time (wait to cut the avocado until you are ready to serve, to prevent it from browning) and stored in an airtight container for up to 3 days.

FRIDAY

### Mexican Pizza



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