



MONDAY



American Goulash
\$13.34

TUESDAY



Teriyaki Chicken
\$10.90

WEDNESDAY



Southwest Egg Roll
\$11.68

THURSDAY



Pimento Cheese BLT
\$17.86

FRIDAY



Applebee's Salad
\$14.93

Estimated Total: \$68.71

Produce:

- Corn, cooked (1 cup)
- Carrots (2)
- Napa Cabbage, chopped (1 cup)
- Red Cabbage, chopped (1 cup)
- Romaine Lettuce, chopped (6 cups)
- Romaine Lettuce Leaves (10)
- Cucumber (1/2)
- Cilantro (1 bunch)
- Garlic (5 cloves)
- Green Onions (3)
- Heirloom Tomatoes (2)
- Onion (1 1/2 large)
- Red or Green Bell Pepper (1)
- Optional: Steamed Veggies for Teriyaki Chicken

Protein:

- Peppered Bacon (10 slices)
- Boneless Skinless Chicken Breasts (2 large + 1 lb)
- Cooked Chicken (2 cups)
- Lean Ground Beef or Turkey (1 lb)

Bread & Grains:

- Bread (10 slices)
- Egg Roll Wrappers (20)
- Elbow Noodles (1 1/2 cups)
- Hot Cooked Rice (3)

Pantry:

- All-Purpose Flour (1 cup)
- Corn Flakes Cereal (1 cup)
- Cornstarch (3 tsp)
- Dijon Mustard (2 tsp)
- Granulated Sugar (1 Tbsp)
- Honey (8 Tbsp)
- Light Brown Sugar (1/2 cup)
- Low-sodium Soy Sauce (1 cup)
- Mayonnaise (1/2 cup)
- Oil (3 cups + 1 Tbsp + more for frying)
- Olive Oil (1 Tbsp)
- Rice Vinegar (1/4 cup)
- Rice Wine Vinegar (3 Tbsp)
- Salsa (1/3 cup)
- Sesame Oil (2 Tbsp + 1/4 tsp)
- Slivered Almonds (1/4 cup)
- Worcestershire Sauce (1 Tbsp)

Refrigerated:

- Cream Cheese (6 oz)
- Eggs (2 large)
- Cheddar Cheese, grated (1 1/2 cups)
- Pimento Cheese (1 cup)
- Milk (1 cup)
- Sour Cream (1/4 cup)

Canned Goods:

- Black Beans (15 oz)
- Low-sodium Beef Broth (2 1/2 cups)
- Tomato Paste (6 oz)
- Tomato Sauce (15 oz)

Seasonings:

- Chili Powder
- Crushed Red Pepper Flakes
- Basil
- Parsley
- Oregano
- Chili Powder
- Garlic Powder
- Paprika
- Cumin
- Ground Ginger
- Salt & Pepper



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 196

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Cinnamon Rolls
- Breakfast Fried Rice
- Sheet Pan Pancakes

LUNCH IDEAS

- BBQ Chicken Wrap
- Cold Noodle Salad
- White Chicken Chili

SNACK IDEAS

- Veggies and Hummus
- Strawberry Banana Smoothie
- Healthy Pumpkin Muffins

MONDAY

American Goulash



- Goulash can be made ahead of time and stored in an airtight container in the fridge for up to 3 days. Reheat when ready to serve.

TUESDAY

Teriyaki Chicken



- Make teriyaki sauce up to a week in advance and store in the fridge. Pour over chicken in skillet, to rewarm.

WEDNESDAY

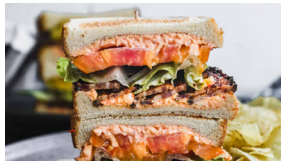
Southwest Egg Roll



- Prepare the filling and sauce ahead of time and store in the fridge for up to 3 days, depending on freshness of ingredients. To assemble egg rolls ahead of time, roll them in egg roll wrappers, place in an airtight container, covering them with a damp cloth before applying the lid. Refrigerate for a few hours. Cooked egg rolls can also be made ahead of time, then reheated in an air fryer or hot skillet until toasted again on all sides.

THURSDAY

Pimento Cheese BLT



- This meal tastes best fresh, but you can cook the bacon ahead of time until ready to serve.

FRIDAY

Applebee's Salad



- All the veggies can be chopped and the oriental dressing can be made ahead of time for the Applebee's salad and kept all separately in the fridge until you're ready to eat.