MEAL PLAN

197

TASTESBETTERFROMSCRATCH.COM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
Fettuccine Alfredo $7	**Clam Chowder** $18.92	**Thai Basil Beef** $13.45	**Baked Tacos** $16.26	**Pepperoni Pizza** $7.86

Estimated Total: $63.49

Produce:

Celery (3 ribs)
Parsley, chopped (1 Tbsp)
Ginger (1 Tbsp)
Garlic (12 cloves)
Green Bell Pepper (1/2)
Green Onions (3)
Holy Basil Leaves (1 1/2 cups)
Onion (1 small)
Red Bell Pepper (1 1/2)
Roma Tomatoes (2)
Romaine Heart (1)
Russet Potatoes (1 1/2 lb)
Shallots (2)
Yellow Onion (1 medium)

Refrigerated:

Butter (1/4 cup + 4 Tbsp)
Parmesan Cheese, grated (2 1/2 cups)
Half and Half (1 cup)
Heavy Cream (1 cup)
Milk (2 cups)
Cheddar Cheese, shredded (1 1/2 cups)
Mozzarella Cheese, shredded (4 cups)
Optional for Serving: Salsa, Sour Cream

Pantry:

Active Dry Yeast (2 1/4 tsp)
All-Purpose Flour (1/2 cup + 1 Tbsp)
Brown Sugar (1 Tbsp)
Chili Paste with Garlic (5 Tbsp)
Cornstarch (2 tsp)
Fish Sauce (1 Tbsp)
Granulated Sugar (2 tsp)
Low-sodium Soy Sauce (1/2 cup)
Olive Oil (5 Tbsp)
Oyster Sauce (1 1/2 Tbsp)
Red Wine Vinegar (1 Tbsp)
Vegetable Oil (2 Tbsp)
White Vinegar (1 tsp)

Canned Goods:

Chopped Clams (4 - 6.5 oz cans)
Low-sodium Beef Broth (3/4 cup)
Low-sodium Chicken Broth (1 cup)
Pinto Beans (16 oz cans)
Pizza Sauce (1 cup)
Tomato Sauce (8 oz)

Bread & Grains:

Bread Flour (3 3/4 cup)
Fettuccine Noodles (1 lb)
Hot Cooked Rice (5 cups)
Taco Shells (20 hard)

Protein:

Lean Ground Beef (2 1/2 lb)
Pepperoni (2 cups)

Seasonings:

Bay Leaves
Chili Powder
Oregano
Garlic Powder
Ground Cumin
Italian Seasoning
Paprika
Salt & Pepper

Tastes Better from Scratch™

Meal Plan 197
PREP INSTRUCTIONS

Tastes Better from Scratch™

BREAKFAST IDEAS

- Pumpkin Pancakes
- Green Smoothie
- Strawberry Crepes

LUNCH IDEAS

- Turkey Club Wrap
- Turkey Chili
- Beef Stroganoff

SNACK IDEAS

- Caramel Popcorn
- Pumpkin Cream Cheese Muffins
- Chocolate Protein Shake

MONDAY

Fettuccine Alfredo

- Alfredo sauce if best enjoyed immediately, but if you can make it up to one day in advance. Store the sauce separately in an airtight container in the fridge. Reheat on the stove on low, stirring frequently. Add a little milk or cream if you need to thin it.

TUESDAY

Clam Chowder

- The vegetables can all be chopped ahead of time to make dinner time even quicker, or make the entire creamy clam chowder ahead of time and store in refrigerator until ready to eat.

WEDNESDAY

Thai Basil Beef

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

THURSDAY

Baked Tacos

- The taco meat filling can be made 2-3 days in advance (depending on the freshness of your ingredients), stored in the fridge. When ready to use, fill tacos and bake as instructed. Assembled tacos, in the shells, will keep for a few hours stored in covered in the refrigerator (the taco shells will start to soften too much if assembled for longer than a few hours before baking).

FRIDAY

Pepperoni Pizza

- To make the pizza dough ahead, make the dough up until the first rise, spray with oil, cover with a tight fitting lid and refrigerate overnight, or for several hours, until ready to assemble pizza. For take and bake pizza, roll out the dough and pre-bake it in the oven for 5 minutes. Top with desired pizza toppings, cover well with plastic wrap and refrigerate for several hours, until ready to finish cooking pizza in oven, pizza oven or on the grill.