



MONDAY



Salmon Tacos
\$25.79

TUESDAY



Mediterranean Meatball Bowl
\$14.24

WEDNESDAY



Boursin Pasta
\$13

THURSDAY



Cevapi
\$31

FRIDAY



Panang Curry
\$21.82

Estimated Total: \$105.85

Produce:

Cherry Tomatoes (1 cup)
English Cucumber (1/2)
Cilantro (1/4 cup)
Parsley (1/4 cup)
Cilantro (1/2 cup)
Lemon Juice (1 tsp)
Mint Leaves (1/4 cup)
Ginger, grated (2 tsp)
Garlic Cloves (16)
Green Bell Pepper (1)
Lime (1 small + 1 Tbsp juice)
Basil Leaves (1 cup)
Onion (1 small)
Red Bell Pepper (2 lb + 1 pepper)
Shallot (1)
Yellow Onion (1 medium)
Red Onion, pickled (1)

Protein:

Chicken Breasts (2 lb)
Ground Beef (1.5 lb)
Ground Turkey (1 lb)
Ground Lamb (1/2 lb)
Center-cut Salmon (1 lb)
Boneless Skinless Chicken Tenders (1.5 lb)

Pantry:

Baking Soda (1 tsp)
Cornstarch (2 tsp)
Extra-virgin Olive Oil (8 Tbsp)
Fish Sauce (1 Tbsp)
Granulated Sugar (pinch)
Hot Sauce (for serving)
Hummus (1/2 cup)
Light Brown Sugar (1/4 cup)
Oil (1 Tbsp)
Panang Curry Paste (2 Tbsp)
Panko Breadcrumbs (2/3 cup)
Peanut Butter (1 Tbsp)
Sparkling Water (3 Tbsp)
White Vinegar (1 Tbsp)

Refrigerated:

Butter (2 Tbsp)
Garlic Herb Boursin Cheese (2 - 5 oz packages)
Feta Cheese Crumbles (1/4 cup)
Parmesan Cheese, grated (1/2 cup)
Egg (1)
Plain Greek Yogurt (1 cup)
Kajmak (1 cup)

Bread & Grains:

Cooked Brown Rice (2 cups)
Corn Tortillas (8)
Hot Cooked Rice (for serving)
Pita Bread (6)
Dry Farfalle Noodles (1 lb)

Canned Goods:

Coconut Milk (2 - 14 oz cans)

Seasonings:

Chili Powder
Dried Dill Weed
Dried Oregano
Garlic Powder
Ground Cinnamon
Ground Coriander
Ground Cumin
Kosher Salt
Black Pepper
Smoked Paprika

**Tastes Better
from Scratch™**

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Meal Plan 207

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- [Sausage Balls](#)
- [German Pancakes](#)
- [Breakfast Biscuits](#)

LUNCH IDEAS

- [Lettuce Wraps](#)
- [Mason Jar Salad](#)
- [Grilled Chicken Sandwich](#)

SNACK IDEAS

- [Pan Con Tomate](#)
- [Patatas Bravas](#)
- [Date Nut Bread](#)

MONDAY

Salmon Tacos



- Sauce can be made ahead of time and stored until ready to cook.

TUESDAY

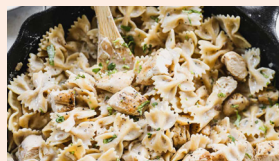
Mediterranean Meatball Bowl



- The tzatziki sauce can be made a few days ahead, stored in the fridge. Chop veggies a few hours ahead of time.

WEDNESDAY

Boursin Pasta



- Pasta can be made ahead of time and reheated until ready to serve.

THURSDAY

Cevapi



- Mix sausage meat and form the sausages ahead of time so they're ready to cook. The ajvar sauce can be made up to a week ahead.

FRIDAY

Panang Curry



- This recipe will keep for 5-7 days in the refrigerator (and that makes it a fabulous MEAL PREP dish)! For even quicker meal prep, you can cut the chicken and slice the red bell peppers in advance.