



MONDAY



Lemon Chicken Pasta

\$16

TUESDAY



Lomo Saltado

\$28

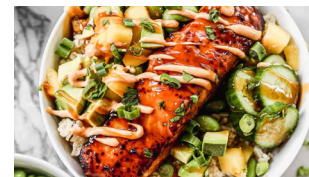
WEDNESDAY



Burrata Pizza

\$20

THURSDAY



Salmon Bowls

\$25

FRIDAY



BBQ Pulled Pork Sandwiches

\$25

Estimated Total: \$114

Produce:

Avocados (2)
Baby Arugula (1 cup)
Broccoli Slaw (1 bag)
Cilantro (1 1/4 cup + 1 Tbsp)
Red Onion (2 1/2 cups)
Edamame (1 1/2 cups)
English Cucumber (1)
Basil Leaves (1/4 cup)
Parsley (1/4 cup)
Lemon Juice (1/4 cup)
Pineapple (1/2 cup)
Pineapple Juice (1 1/2 Tbsp)
Mango (1/2 cup + 2 whole)
Garlic (8 cloves)
Heirloom Tomatoes (2)
Lemon Zest (1 tsp)
Red Bell Pepper (1/2)
Roma Tomatoes (2)
Yellow Bell Pepper (1 large)
Yellow Squash (1)
Zucchini (1)

Protein:

Boneless Skinless Chicken Breasts (2)
Salmon Fillets (5)
Beef (1.5 lb)
Cooked Pulled Pork (2 lb)

Pantry:

Balsamic Reduction (for serving)
BBQ Sauce (2 cups)
Cider Vinegar (1 Tbsp)
Cornstarch (2 tsp)
Dijon Mustard (1 tsp)
Granulated Sugar (1 Tbsp)
Honey (1 Tbsp)
Light Brown Sugar (1/2 cup + 1 Tbsp)
Low-sodium Soy Sauce (1 cup)
Mayonnaise (3 Tbsp)
Olive Oil (4 Tbsp)
Oyster Sauce (1/4 cup)
Red Wine Vinegar (1/4 cup)
Rice Vinegar (2 Tbsp)
Sesame Oil (1 Tbsp)
Sriracha Mayo (for serving)

Refrigerated:

Burrata (8 oz)
Butter (4 Tbsp)
Parmesan Cheese (2 cups)
French Fries (2 lbs)

Bread & Grains:

Mini Farfalle Pasta (16 oz)
Pizza Dough (1 lb)
Slider Buns or Rolls (10)
Hot Cooked White Rice (2 1/2 cups)
Dry Jasmine Rice (2 cups)

Canned Goods:

Low-sodium Beef Broth (1/2 cup)
Pizza Sauce (1/2 cup)

Seasonings:

Crushed Red Pepper Flakes
Dried Oregano
Black Pepper
Garlic Powder
Ground Cumin
Ground Ginger
Italian Seasoning
Kosher Salt
Onion Powder

**Tastes Better
from Scratch™**

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Meal Plan 208

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- [Sausage Balls](#)
- [Chocolate Babka](#)
- [Lemon Ricotta Pancakes](#)

LUNCH IDEAS

- [Hungarian Goulash](#)
- [Crispy Southwest Wrap](#)
- [Lettuce Wrap](#)

SNACK IDEAS

- [Street Corn Dip](#)
- [Vegetable Dip](#)
- [Chili Cheese Dip](#)

MONDAY

Lemon Chicken Pasta



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

TUESDAY

Lomo Saltado



- I love to prep this meal in the morning to make dinner effortless! Place the meat and the marinade in an airtight bag or container then place in the refrigerator. The vegetables can be chopped and the sauce made a few hours ahead of time as well.

WEDNESDAY

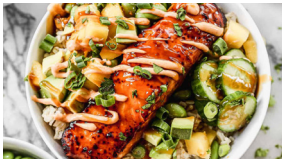
Burrata Pizza



- If making homemade pizza dough, it can be made ahead of time and stored in the fridge for 2-3 days.

THURSDAY

Salmon Bowls



- The teriyaki sauce can be made ahead of time and stored until ready to cook.

FRIDAY

BBQ Pulled Pork Sandwiches



- The BBQ pulled pork can be made ahead of time and stored in an airtight container in the fridge for 2-3 days, or freeze for up to 3 months.