



MONDAY



Peanut Noodles
\$5.00

TUESDAY



**Street Corn
Chicken Bowl**
\$14.00

WEDNESDAY



**BBQ Pulled
Pork Sandwiches**
\$25.00

THURSDAY



Shrimp Alfredo
\$10.00

FRIDAY



Chicken Caesar Wrap
\$14.00

Estimated Total: \$68.00

Produce:

Broccoli Slaw (1 bag)
Cilantro (1/2 cup + 3 Tbsp)
Romaine Lettuce (3 cups)
Basil Leaves (2 Tbsp)
Parsley (for serving)
Mint Leaves (2 Tbsp)
Pineapple (1/2 cup)
Pineapple Juice (1 1/2 Tbsp)
Ginger, grated (1 tsp)
Garlic (7 cloves)
Green Onions (3)
Lime (2)
Onion (1/2)
Red Bell Pepper (1/2)
Jalapeno (1)
Mango (1/2 cup)
Corn Kernels (2 1/2 cups)
Cherry Tomatoes (2/3 cup)
Avocado (1)

Protein:

Chicken Breasts (2 lbs)
Cooked Chicken (2 cups)
Large Shrimp (1.5 lb)
Cooked Pulled Pork (2 lb)
Optional Protein (cooked chicken, shrimp or tofu)

Pantry:

BBQ Sauce (2 cups)
Caesar Salad Dressing (1/2 cup)
Chili Oil (2 Tbsp)
Cider Vinegar (1 Tbsp)
Creamy Peanut Butter (1/2 cup)
Croutons (1/2 cup)
Dijon Mustard (1 tsp)
Dry Roasted Peanuts
Granulated Sugar (1 Tbsp)
Honey (2 1/2 Tbsp)
Low-sodium Soy Sauce (1/4 cup)
Mayonnaise (1/3 cup + 3 Tbsp)
Oil (1 Tbsp)
Olive Oil (2 Tbsp)
Rice Vinegar (3 Tbsp)
Sesame Oil (2 1/2 Tbsp)

Bread & Grains:

Cooked Rice (2 1/2 cup)
Fettuccine Noodles (1 lb)
Flour Tortillas (5 large)
Slider Buns or Rolls (10)

Refrigerated:

Butter (1/2 cup)
Cotija Cheese (1/2 cup)
Parmesan Cheese (1/4 cup + 4 oz)
Heavy Cream (2 cups)
Mexican Crema or Sour Cream (1/2 cup)
Milk (2 Tbsp)
Pre-cooked Udon Noodles (1 lb)

Seasonings:

Fine Sea Salt
Black Pepper
Kosher Salt
Sesame Seeds
Tajin
Chili Powder
Cumin
Paprika
Garlic Powder
Oregano

**Tastes Better
from Scratch™**

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 209

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Banana Oat Muffins
- Chocolate Babka
- Sausage Balls

LUNCH IDEAS

- Cold Noodle Salad
- Chicken Quesadillas
- Orzo Salad

SNACK IDEAS

- Boba Smoothie
- Energy Balls
- Pan Con Tomate

MONDAY

Peanut Noodles



- The sauce can be made ahead of time and stored in the fridge until ready to serve.

TUESDAY

Street Corn Chicken Bowls



- The sauce and the street corn can be made ahead of time and stored in the fridge until ready to serve.

WEDNESDAY

BBQ Pulled Pork Sandwiches



- The slaw and the dressing can be made ahead of time and stored in the fridge until ready to serve.

THURSDAY

Shrimp Alfredo



- The alfredo sauce can be made ahead of time and stored in the fridge, reheat when ready to serve.

FRIDAY

Chicken Caesar Wrap



- The chicken can be made ahead of time and stored in an airtight container for up to 3 days.