HEALTHY MEAL PLAN

5

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
Honey Mustard Chicken $12	Thai Meatballs $7	Cold Noodle Salad $13	Hot Honey Salmon Bowl $15	Lentil Soup $12

Estimated Total: $59

Produce:

Avocado (1)
Basil (1/4 cup)
Butternut Squash (1 1/2 cups)
Broccolini (10 oz)
Brussels Sprouts (12 oz + 1 1/2 cups)
Carrots (3)
Celery (2 ribs)
Cilantro (2 cups)
Garlic Cloves (13)
Ginger (3 tsp)
Green Onions (6)
Kale (6 cups)
Lime (2)
Mint Leaves (1/4 cup)
Onion (1/2 cup)
Red Onion (1/2)
Red Bell Pepper (1)
Rosemary (2 tsp)

Refrigerated:

Creamy Ranch Dressing (for garnish)
Egg (1)
Feta Cheese (6 oz)
Milk (1/4 cup)

Pantry:

Balsamic Vinegar (1 Tbsp)
Cashews or Peanuts (1/2 cup)
Cornstarch (1 tsp)
Dijon Mustard (3 Tbsp)
Fish Sauce (3 tsp)
Granulated Sugar (1 tsp)
Green Curry Paste (2 tsp + 1 Tbsp)
Honey (3 Tbsp)
Hot Honey (1/2 cup)
Light Brown Sugar (2 tsp)
Low-sodium Soy Sauce (1/2 cup)
Low-sodium Vegetable Broth (6 cups)
Olive Oil (6 Tbsp + 1/3 cup)
Rice Vinegar (1/4 cup)
Sesame Oil (1 Tbsp)
Sriracha Hot Sauce (2 Tbsp)

Protein:

Bone-in, Skin-on Chicken Thighs or Breasts (6)
Lean Ground Turkey, Chicken, Pork or Beef (1 1/2 lbs)
Rotisserie Chicken, Shrimp, Steak, or Tofu (2 cups)
Salmon Fillets (1 lb)

Bread & Grains:

Cooked Jasmine Rice (4-5 cups)
Dry Lentils (1 cup)
Hot Cooked Rice (4 cups)
Lo Mein Noodles (8 oz)
Old-fashioned Rolled Oats (1 cup)
Pita Bread (for serving)

Canned Goods:

Garbanzo Beans (15 oz)
Petite Diced Tomatoes (14.5 oz)
Unsweetened Coconut Milk (2 - 15 oz)

Seasonings:

Cumin
Crushed Red Pepper Flakes
Garlic Powder
Garam Masala
Kosher Salt
Sea Salt
Smoked Paprika
Sweet Paprika
Salt & Pepper

Tastes Better from Scratch™

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Healthy Meal Plan 5

PREP INSTRUCTIONS

Tastes Better from Scratch™

BREAKFAST IDEAS

- Breakfast Casserole
- Healthy Banana Bread
- Freezer Breakfast Sandwich

LUNCH IDEAS

- Turkey Chili
- Waldorf Salad
- Taco Salad

SNACK IDEAS

- Chocolate Protein Shake
- Instant Pot Yogurt
- Power Muffins

MONDAY

Honey Mustard Chicken



- Make marinade ahead and chop all the veggies ahead of time. Store separately in the fridge, until ready to assemble dinner.

TUESDAY

Thai Meatballs



- Prepare the raw meatballs up to a day in advance, stored in the fridge, or freeze them.

WEDNESDAY

Cold Noodle Salad



- I love to make the dressing ahead of time and chop the veggies ahead to help it come together really quickly.

THURSDAY

Hot Honey Salmon Bowls



- Veggies can be chopped and placed in an airtight container until ready to cook.

FRIDAY

Lentil Soup



- Chop the veggies in the morning to help this soup come together even quicker. Store leftovers in the fridge for up to 5 days, making it a great meal prep soup!