



MONDAY



Smothered Burrito

\$14

TUESDAY



Chicken Avocado Wrap

\$13

WEDNESDAY



Taco Salad

\$6

THURSDAY



Matzo Ball Soup

\$18

FRIDAY



Beef Gyros

\$13

Estimated Total: \$64

Produce:

Avocado (1)
Carrots (5 large)
Celery (5 ribs)
Cherry Tomatoes (23 cups)
Cilantro (1/2 cup)
English Cucumber (1)
Dill (2 Tbsp + 1 tsp)
Garlic Cloves (3)
Green Onions (2)
Lemon (2)
Lettuce (5 leaves)
Onion (2 medium)
Parsley (1/2 bunch)
Red Onion (3/4 cup)
Romaine Lettuce (2 cups + 1 head)

Refrigerated:

Butter (3 Tbsp)
Cheddar Cheese, shredded (2 cups)
Corn (1 cup frozen)
Eggs (4 large)
Milk (1/4 cup)
Sour Cream (1/2 cup + more for serving)
Shredded Cheese (1/2 cup)

Bread & Grains:

Flour Tortillas (11 large)
Flour Tortillas (6 - 8 inch) OR
Tortilla Chips
Pitas (5 soft)

Seasonings:

Basil
Bay Leaves
Cumin
Garlic Powder
Kosher Salt
Onion Powder
Oregano
Salt & Black Pepper
Taco Seasoning
Thyme
Whole Peppercorns

Canned Goods:

Black Beans (1 can)
Diced Green Chilies (4 oz)
Sliced Olives (1/2 cup)

Protein:

Bacon (10 slices)
Cooked Chicken (6 cups)
Ground Beef or Ground Turkey (1 lb)
Whole Chicken (1)
Beef Chunk Roast (3 lbs)

Pantry:

All-purpose Flour (3 Tbsp)
Better Than Bouillon Chicken Flavor
Low-sodium Chicken Broth (2 cups)
Mayonnaise (1/2 cup)
Olive Oil (4 Tbsp + more for brushing)
Red Wine Vinegar (1 tsp)
Salsa (1 1/2 cups + more for serving)
Seltzer Water (1/4 cup)

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Meal Plan 211

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- [Green Smoothie](#)
- [Breakfast Burritos](#)
- [Raspberry Scones](#)

LUNCH IDEAS

- [Lasagna Soup](#)
- [Orzo Salad](#)
- [Crispy BBQ Wraps](#)

SNACK IDEAS

- [Energy Balls](#)
- [Chocolate Banana Bread](#)
- [Boba Smoothie](#)

MONDAY

Smothered Burritos



- The chicken filling and green chile sauce can both be made a day or two in advanced, making dinner prep super easy! Store them separately, covered in the fridge.

TUESDAY

Chicken Avocado Wrap



- Make the sauce ahead if time. Chop the chicken, bacon, red onion and lettuce a day or two ahead. Make homemade tortillas ahead of time.

WEDNESDAY

Taco Salad



- The taco meat and tortilla shells can be prepped a day or two in advance, stored separately. Reheat the meat mixture in the microwave or in a skillet. All of the veggies and toppings can be chopped and ready, just keep them in separate containers in the fridge.

THURSDAY

Matzo Ball Soup



- I love prepping this soup a day in advance. The first day I make the broth and the matzo ball dough and keep both in an airtight container in the refrigerator. The second day, cook the matzo balls, finish the soup, and serve.

FRIDAY

Beef Gyros



- The tzatziki sauce can be made and all the vegetables can be sliced and prepped ahead of time, just keep everything in separate containers in the fridge until ready to serve.