



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

### 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)

### Protein:

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

**Tastes Better  
from Scratch™**

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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 advance, 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.