

**MONDAY****Nourish Bowls**
\$23**TUESDAY****Mushroom Tacos**
\$7**WEDNESDAY****Sloppy Joes**
\$10**THURSDAY****Dumpling Soup**
\$10**FRIDAY****Thai Chicken Meatballs**
\$7**Estimated Total: \$57****Produce:**

Apple (1 large)
Baby Arugula (4 cups)
Baby Bok Choy (4)
Cauliflower Florets (12 oz)
Cilantro (1/3 cup)
Garlic Cloves (15)
Ginger (2 Tbsp + 2 tsp)
Grapes (1 cup)
Green Onion (8)
Lime (2)
Portobello Mushroom Caps (3)
Jalapeno Pepper (1)
Sweet Potato (1 lb)
Yellow Onion (1 1/2 cup)

Canned Goods:

Tomato Sauce (8 oz)
Low-sodium Chicken Broth (8 cups)
Unsweetened Coconut Milk (2-15 oz)

Protein:

Boneless Skinless Chicken Breasts (1 1/2 lb)
Ground Beef (1 lb)
Lean Ground Turkey or chicken (1 1/2 lb)

Pantry:

Balsamic Vinegar (1/4 cup + more for serving)
BBQ Sauce (1/4 cup)
Cornstarch (1 tsp)
Chili Crisp (for garnish)
Dijon Mustard (3/4 tsp)
Fish Sauce (3 tsp)
Granulated Sugar (2 1/2 tsp)
Green Curry Paste (2 tsp)
Ketchup (1/3 cup)
Light Brown Sugar (2 tsp)
Low-sodium Soy Sauce (1/4 cup)
Old-fashioned Rolled Oats
Olive Oil (6 Tbsp + 1/2 cup)
Pistachios (1/2 cup)
Rice Vinegar (2 Tbsp)
Sesame Oil (2 Tbsp)
Yellow Mustard (1 tsp)
Worcestershire Sauce (1 Tbsp)

Refrigerated:

Egg (1)
Goat Cheese (1/2 cup)
Frozen Small Dumplings or Wontons (1 lb)
Milk (1/4 cup)

Bread & Grains:

Corn Tortillas (4-8)
Hamburger Buns (for serving)
Wild Rice Blend (2 cups)

Seasonings:

Black Pepper
Garlic Powder
Kosher Salt
Smoked Paprika
Taco Seasoning

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Meal Plan 212

PREP INSTRUCTIONS

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BREAKFAST IDEAS

- [Lemon Blueberry Pancakes](#)
- [PB Banana Bread](#)
- [Green Smoothies](#)

LUNCH IDEAS

- [Taco Soup](#)
- [Meatloaf Sandwich](#)
- [Asian Chicken Salad](#)

SNACK IDEAS

- [Applesauce Muffins](#)
- [English Muffins](#)
- [Homemade Salsa](#)

MONDAY

Nourish Bowls



TUESDAY

Mushroom Tacos



WEDNESDAY

Sloppy Joes



THURSDAY

Dumpling Soup



FRIDAY

Thai Chicken Meatballs



- This meal can be made ahead of time and stored in an airtight container until ready to serve. The veggies keep for 5-7 days and the chicken keep for up to 2 days.
- The vegetables can be chopped ahead of time and stored in an airtight container until ready to cook.
- The sloppy joe meat filling can be made up to 2 days ahead of time, depending on the freshness of the beef. Store in the refrigerator and reheat and serve on toasted buns when ready to eat.
- Make the soup broth ahead of time (without the dumplings) and store in the fridge for up to several days ahead. Rewarm broth on the stove. Cook dumplings in boiling water just before serving.
- Prepare the raw meatballs up to a day in advance, stored in the fridge, or freeze them.