



MONDAY



**Sweet & Sour Chicken**  
\$13

TUESDAY



**Chicken Noodle Soup**  
\$7

WEDNESDAY



**Tamale Pie**  
\$8

THURSDAY



**Protein Pizza**  
\$5

FRIDAY



**Cold Noodle Salad**  
\$13

Estimated Total: \$46

### Produce:

Avocado (1 large)  
Basil (1/4 cup)  
Bell Peppers (2)  
Carrot (5 large)  
Celery (2 ribs)  
Cilantro (1/4 cup)  
English Cucumber (1)  
Garlic Cloves (1)  
Green Onions (6)  
Kale (6 cups)  
Mint Leaves (1/4 cup)  
Pineapple Chunks (1 cup)  
Red Bell Pepper (1)  
Yellow Onion (1)  
Sweet Onion (1/2)

### Bread & Grains:

Hot Cooked Rice (5 or 6 cups)  
Egg Noodles (4 cups)  
Lo Mein Noodles (8 oz)

### Protein:

Boneless Skinless Chicken Breasts (4)  
Cooked Rotisserie Chicken (5 cups)  
Lean Ground Beef (1.5 lbs)  
Turkey Pepperoni (1/2 cup)

### Pantry:

All-purpose Flour (1 cup)  
Apple Cider Vinegar (1 cup)  
Baking Powder (3 tsp)  
Better than Bouillon Chicken Flavor (1 tsp)  
Cashews or Peanuts (1/2 cup)  
Cornstarch (1 cup + 2 Tbsp)  
Extra-virgin Olive Oil (1/3 cup)  
Granulated Sugar (1 cup)  
Ketchup (1/2)  
Low-sodium Soy Sauce (1/2 cup + 2 Tbsp)  
Lime Juice (1/4 cup)  
Masa Harina (1 1/2 cup)  
Oil (1/4 cup)  
Pizza Sauce (1/2 cup)  
Rice Vinegar (1/4 cup)  
Sesame Oil (1 Tbsp)  
Sriracha Hot Sauce (2 Tbsp)

### Refrigerated:

Butter (1/2 Tbsp + 1/2 cup)  
Eggs (3)  
Milk (1 cup)  
Mozzarella Cheese (1 cup)  
Plain Greek Yogurt (1 cup)  
Shredded Cheese (2 cups)

### Canned Goods:

Chicken Stock (10 cups)  
Creamed Corn (1 can)  
Diced Green Chiles (8 oz)  
Low-sodium Chicken Broth (3/4 cup)  
Red Enchilada Sauce (10 oz)

### Seasonings:

Black Pepper  
Chili Powder  
Crushed Red Pepper Flakes  
Garlic Salt  
Ground Coriander  
Ground Cumin  
Italian Seasoning  
Rosemary  
Kosher Salt  
Thyme

**Tastes Better  
from Scratch™**

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# Meal Plan 4

## PREP INSTRUCTIONS

**Tastes Better  
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### BREAKFAST IDEAS

- [Protein Banana Muffins](#)
- [Breakfast Casserole](#)
- [Turkish Eggs](#)

### LUNCH IDEAS

- [Tuna Melt](#)
- [Red Curry](#)
- [Grilled Chicken Sandwich](#)

### SNACK IDEAS

- [Homemade Salsa](#)
- [Energy Balls](#)
- [Chocolate Overnight Oats](#)

MONDAY

#### Sweet and Sour Chicken



- Cut the chicken and chop veggies ahead of time, storing separately in the fridge. Make the sauce 1 to 2 days ahead of time, stored in the fridge.

TUESDAY

#### Chicken Noodle Soup



- This soup is best made ahead of time when you are using homemade egg noodles, since they don't get soggy and overcooked like regular store-bought noodles. If you wanted to use regular noodles, I recommend making the broth (steps 1-2) first, and then boiling it with the noodles, and adding the chicken, the day of serving.

WEDNESDAY

#### Tamale Pie



- The beef mixture can be made ahead of time and kept in an airtight container in the fridge for 1-2 days. Warm in a pan before adding the tamale topping.

THURSDAY

#### Protein Pizza



- Pizza crust can be made ahead of time and stored in an airtight container in the fridge until ready to cook.

FRIDAY

#### Cold Noodle Salad



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