



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)
Cornstach (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
from Scratch™**

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

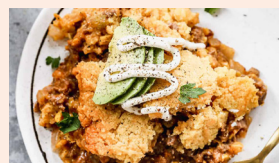
Chicken Noodle Soup



- 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

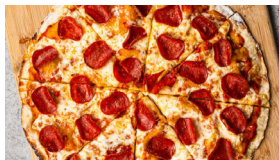
Tamale Pie



- 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.