



MONDAY



Buffalo Chicken Wrap
\$10

TUESDAY



Teriyaki Chicken
\$11

WEDNESDAY



Buddha Bowl
\$15

THURSDAY



Lasagna Soup
\$21

FRIDAY



Chicken Pot Pie
\$11

Estimated Total: \$68

Produce:

Avocado (1/2 + 1)
Basil Leaves (for serving)
Carrot (1/2 cup)
Celery (1/2 cup)
Garlic, cloves (6)
Green Onion (1)
Jalapeno Pepper (1 small)
Onion (1/3 cup)
Parsley (5 Tablespoons)
Romaine Lettice (2 cups)
Spinach Leaves (7 cups)
Steamed Veggies (optional for teriyaki chicken)
Sweet Potatoes (2)
Yellow Onion (1)

Canned Goods:

Low-sodium Chicken Broth (7 cups)
Marinara Sauce (24 oz)
Tomato Paste (2 Tablespoons)

Protein:

Boneless Skinless Chicken Breasts (2 lb + 2 large)
Lean Ground Beef (1/2 lb)
Ground Italian Sausage (1/2 lb)

Pantry:

All-purpose Flour (1/3 cup)
Cornstarch (3 teaspoons)
Chicken Bouillon Paste (1 teaspoon)
Franks Hot Sauce (1/2 cup)
Light Brown Sugar (1/2 cup)
Low-sodium Soy Sauce (1 cup)
Honey (2 Tablespoons)
Olive Oil (3 Tablespoons + 1/3 cup)
Oil (1-2 Tablespoons)
Rice Vinegar (1/4 cup)
Walnuts, Pecans, Almonds or Pine Nuts (1/2 cup)
White Vinegar (2 teaspoons)

Seasonings:

Black Pepper
Celery Seed
Crushed Red Pepper Flakes
Dill Weed
Dried Basil
Dried Oregano
Paprika
Garlic Powder
Ginger
Onion Powder
Salt

Refrigerated:

Blue Cheese or Ranch Dressing (1/2 cup)
Butter (1/3 cup)
Egg (1)
Falafel Balls (12)
Feta Cheese (1/2 cup)
Frozen Veggies (8 oz)
Milk (1 cup + 1 Tablespoon)
Mozzarella Cheese (1 cup)
Parmesan Cheese (1/2 cup)
Plain Greek Yogurt (1 cup)
Ricotta Cheese (10 oz)
Shredded Cheddar Cheese (1/2 cup)

Bread & Grains:

Flour Tortillas (4 large)
Hot Cooked Rice (3 cups)
Lasagna Noodles (9)
Pie Dough (homemade or store bought)
Quinoa (1 1/2 cups)

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Meal Plan 5

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- [Sheet Pan Pancakes](#)
- [Eggs Florentine](#)
- [French Toast](#)

LUNCH IDEAS

- [Teriyaki Pasta Salad](#)
- [Cuban Sandwich](#)
- [Lettuce Wraps](#)

SNACK IDEAS

- [PB Banana Bread](#)
- [Energy Balls](#)
- [Chex Mix](#)

MONDAY

Buffalo Chicken Wrap



- The chicken can be cooked ahead of time and stored in an airtight container for up to 2 days before serving.

TUESDAY

Teriyaki Chicken



- Make teriyaki sauce up to a week in advance and store in the fridge. Pour over chicken in skillet, to rewarm.

WEDNESDAY

Buddha Bowl



- Make this entire meal ahead of time without the dressing and keep layered in a container in the fridge. Serve dressing on the side.

THURSDAY

Lasagna Soup



- Make the recipe up to step 4. Do not add the noodles to the pot. Store the soup in the refrigerator. When ready to serve, start at step 5, bringing the soup to a boil and cooking the noodles at that point. Serve with a dollop of cheese.

FRIDAY

Chicken Pot Pie



- You can prep the chicken filling a whole day in advance., stored in the fridge. Or, you can prep the whole pie one day in advance. Make the filling and allow it to cool in the refrigerator. Pour cooled filling into chilled pie crust, cover and refrigerate until baking the next day.