



MONDAY



Walking Tacos
\$15

TUESDAY



Creamy Chicken & Gnocchi
\$14

WEDNESDAY



Veggie Wrap
\$10

THURSDAY



Red Curry
\$25

FRIDAY



Kung Pao Chicken
\$12

Estimated Total: \$76

Produce:

Avocados (3)
Baby Spinach Leaves (2 cups)
Basil Leaves (1/4 cup)
Cabbage, chopped (1 cup)
Carrot (1 large)
Celery (1 rib)
Edamame (1 cup)
English Cucumber (1)
Garlic Cloves (5 + 1 tsp)
Ginger, grated (3 tsp)
Green Bell Pepper, chopped (1/2)
Green Onions (2)
Leek (1)
Red Pepper (1)
Romaine Heart (1)
Shallots (2)
Snap Peas (1 cup)
Thai Basil Leaves (1 cup)
Tomato (1 large)
Yam (1)
Yellow Onion (1/2)

Canned Goods:

Unsweetened Coconut Milk (14 oz)
Crushed Tomatoes (14.5 oz)
Chili Beans (16 oz)
Olives (1 small can)

Pantry:

Cornstarch (5 tsp)
Chili Paste with Garlic (2 tsp)
Dry Roasted Peanuts (1/2 cup)
Fish Sauce (1 tsp)
Flour (2 Tbsp)
Granulated Sugar (3 1/4 tsp)
Lime Juice (1 Tbsp)
Light Brown Sugar (1 Tbsp)
Low-sodium Chicken Broth (3 1/2 cup)
Low-sodium Soy Sauce (1 tsp + 1/4 cup)
Olive Oil (11 Tbsp)
Red Curry Paste (1-6 Tbsp)
Red Wine Vinegar (2 tsp)
Rice Vinegar (3 Tbsp)
Sun-dried Tomatoes (1/2 cup)
Whole Dried Szechuan Peppers (6)

Refrigerated:

Butter (2 Tbsp)
Cheddar Cheese (1 cup)
Cream (1/2 cup)
Egg White (1 large)
Gnocchi (1 lb)
Hummus (2/3 cup)
Milk (1/2 cup)
Parmesan Cheese (1 cup)
Sour Cream (for topping)

Bread & Grains:

Hot Cooked Rice (3-4 cups + more for serving)
Whole Wheat Tortillas (4 large)
Fritos Corn Chips (5 - 1 oz bags)

Protein:

Boneless Skinless Chicken Breasts (2 lb + 3)
Lean Ground Beef (1/2 lb)

Seasonings:

Crushed Red Pepper Flakes
Chili Powder
Cumin
Dried Onion Flakes
Garlic Powder
Onion Powder
Paprika
Salt & Pepper
Italian Seasoning

**Tastes Better
from Scratch™**

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Meal Plan 213

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- [Healthy Carrot Muffins](#)
- [Scones](#)
- [Eggs Florentine](#)

LUNCH IDEAS

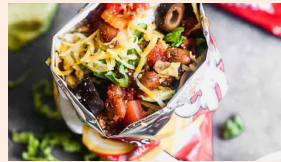
- [Pad Thai](#)
- [Buddha Bowl](#)
- [Cuban Sandwich](#)

SNACK IDEAS

- [PB Banana Bread](#)
- [Homemade Salsa](#)
- [Energy Balls](#)

MONDAY

Walking Tacos



- The beef mixture can be made 2-3 days ahead of time (depending on the freshness of the ingredients), stored in the fridge. Reheat on the stove before serving.

TUESDAY

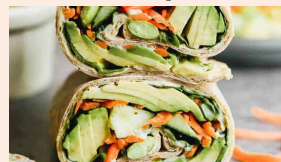
Creamy Chicken & Gnocchi



- Gnocchi can be prepped ahead of time and stored in an airtight container for up to 3 days. Reheat when ready to serve.

WEDNESDAY

Veggie Wrap



- Veggies can be chopped and set aside until ready to assemble.

THURSDAY

Red Curry



- Store red curry in the fridge for 3-4 days. Rewarm on the stove.

FRIDAY

Kung Pao Chicken



- The kung pao sauce and marinade can be prepped ahead of time and kept in an airtight container in the fridge. You can leave the chicken in the marinade for up to 4 hours.