

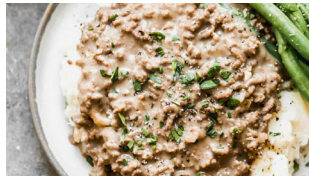


MONDAY



Lemon Chicken Piccata
\$12

TUESDAY



Hamburger Gravy
\$8

WEDNESDAY



Mediterranean Meatball Bowl
\$15

THURSDAY



Italian Grinder Chopped Salad
\$11

FRIDAY



Calzones
\$8
(price without fillings)

Estimated Total: \$54

Produce:

- Lemons (2)
- Garlic Cloves (6)
- Onion (1/3 cup, chopped)
- Red Onion (1/4 cup, chopped)
- Mint Leaves (1/4 cup)
- Parsley, (optional for serving)
- English Cucumber (1/2, chopped)
- Cherry Tomatoes (1 1/2 cup)
- Iceberg Lettuce (4 cups, chopped)
- Optional for Calzones (Bell Peppers, Mushrooms, Jalapeno, Pineapple)

Canned Goods:

- Black Olives (1/4 cup)

Protein:

- Boneless Skinless Chicken Breasts (1 lb)
- Lean Ground Beef (1 lb)
- Ground Turkey (1 lb)
- Salami (2 oz)
- Turkey Pepperoni (2 oz)
- Deli Sliced Turkey (4 oz)
- Optional for Calzones (Pepperoni, Italian Sausage, Canadian Bacon, Shredded Chicken)

Pantry:

- All-purpose Flour (1/4 cup + 3 Tbsp)
- Breadcrumbs (1/4 cup)
- Panko Breadcrumbs (2/3 cup)
- Olive Oil (2 Tbsp)
- Low-sodium Chicken Broth (1 cup)
- Beef Bouillon Paste (2 tsp)
- Italian Dressing (1/4 cup)
- Pizza Sauce (for dipping)
- Capers (1/4 cup)

Refrigerated:

- Large Eggs (3)
- Butter (3 Tbsp)
- Heavy Whipping Cream (3/4 cup)
- Milk (2 1/2 cup)
- Plain Greek Yogurt (1/2 cup)
- Feta Cheese (1/4 cup)
- Shredded Cheese (1/4 cup)
- Mozzarella Cheese (2 cups)
- Parmesan Cheese (2 Tbsp)
- Pizza Dough (2 lbs)
- Hummus (1/2 cup)

Bread & Grains:

- Brown Rice (2 cups)
- Hot Cooked Pasta, Rice (optional for serving)

Seasonings:

- Garlic Powder
- Ground Sage
- Dried Thyme
- Crushed Red Pepper Flakes
- Ground Coriander
- Dried Oregano
- Ground Cumin
- Kosher Salt
- Ground Cinnamon
- Dried Dill Weed
- Italian Seasoning
- Black Pepper



Want to swap out a recipe or add a side? Add this meal plan to your collection! [Register](#) for a free account or [login](#) to get started!

Meal Plan 9

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

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

LUNCH IDEAS

- [Mason Jar Salad](#)
- [Buffalo Chicken Wrap](#)
- [Chicken Salad](#)

SNACK IDEAS

- [Healthy Carrot Muffins](#)
- [Granola Bites](#)
- [Instant Pot Yogurt](#)

MONDAY

Lemon Chicken Piccata



- Slice and season the chicken, then set up the flour, egg wash, and breadcrumbs in separate bowls. Juice the lemons and measure the broth, cream, and capers. Cook pasta or mashed potatoes ahead if desired.

TUESDAY

Hamburger Gravy



- Store in an airtight container in the fridge for up to 5 days. Rewarm in the microwave or stovetop, adding a little milk or broth if you need to thin it.

WEDNESDAY

Mediterranean Meatball Bowl



- The tzatziki sauce can be made a few days ahead, stored in the fridge. Chop veggies a few hours ahead of time.

THURSDAY

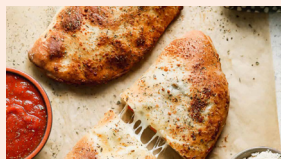
Italian Grinder Chopped Salad



- Chop and prep salad up to a few days ahead of time (depending on freshness of ingredients), and wait to add dressing until serving.

FRIDAY

Calzones



- Pizza dough can be made up to 3 days in advance and refrigerated. Chop and prepare filling ingredients up to 3 days in advance, depending on freshness of ingredients. Pizza sauce can be made 1 week ahead.