



MONDAY



Carne Asada
Tacos
\$24

TUESDAY



General Tso's
Chicken
\$15

WEDNESDAY



Creamy Tortellini
Soup
\$13

THURSDAY



Ham Fried Rice
\$9

FRIDAY



Honey Mustard
Chicken
\$12

Estimated Total: \$73

Produce:

Garlic (11 cloves)
Fresh Cilantro (½ cup, chopped)
Limes (2, juiced)
Orange (½, juiced)
Avocado (for topping)
Onion (1)
Red Onion (½ large)
Butternut Squash (1½ cups)
Brussels Sprouts (1½ cups)
Fresh Rosemary (2 tsp)
Fresh Spinach (1½ cups)
Fresh Basil (¼ cup)
Carrot (½ cup, diced)
Green Onions (3 chopped)
Pico de Gallo or Salsa (for serving)

Protein:

Flank Steak (1½ lbs)
Boneless Skinless Chicken Breasts (1½ lbs)
Bone-in, Skin-on Chicken Thighs or Breasts (6)
Chopped Ham (¾ cup)

Bread & Grains:

White Corn Tortillas (10)
All-purpose Flour (¾ cup)
White Rice (2½ cups uncooked)

Pantry:

Cornstarch (½ cup + 1½ tsp)
Honey (3 Tbsp)
Dijon Mustard (3 Tbsp)
Light Brown Sugar (¼ cup)
Olive Oil (1/3 cup + 2 Tbsp)
White Vinegar (2 Tbsp)
Rice Vinegar (1/3 cup)
Low-sodium Soy Sauce (1/3 cup + 2 Tbsp)
Hoisin Sauce (2/3 cup)
Vegetable or Canola Oil (½ cup)
Sesame Oil (4 Tbsp)
Frozen Peas (½ cup)
Hot Sauce (optional)

Refrigerated:

Cheese Tortellini (8 oz)
Butter (1 Tbsp)
Heavy Cream or Half-and-Half (½ cup)
Parmesan Cheese (½ cup)
Eggs (2 egg whites + 2 whole eggs)

Canned Goods:

Diced Tomatoes (14.5 oz)
Tomato Sauce (8 oz)
Vegetable Broth (3 cups)
Low-sodium Chicken Broth (2 Tbsp)

Seasonings:

Chili Powder
Ground Cumin
Crushed Red Pepper Flakes
Dried Basil
Italian Seasoning
Ground Ginger
Salt & Pepper

Tastes Better
from Scratch™

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Meal Plan 215

PREP INSTRUCTIONS

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BREAKFAST IDEAS

- Strawberry Banana Smoothie
- Blueberry Muffins
- Buttermilk Pancakes

LUNCH IDEAS

- Asian Chicken Salad
- Chicken Caesar Pasta Salad
- Tuna Melt

SNACK IDEAS

- Chocolate Chip Muffins
- Kale Chips
- Energy Bites

MONDAY

Carne Asada Tacos



- Marinate the steak the night before or up to 5 hours ahead (fridge). Chop cilantro and prep pico de gallo/toppings ahead and store separately. Grill and slice just before serving.

TUESDAY

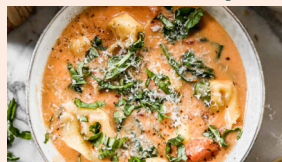
General Tso's Chicken



- Make the sauce up to several days ahead and refrigerate. Coat the chicken in egg whites and cornstarch a few hours ahead and keep chilled. Fry and toss in sauce right before serving.

WEDNESDAY

Creamy Tortellini Soup



- Make the soup base (through simmering the broth, tomatoes, and seasonings) up to 3-4 days ahead, refrigerate, or freeze it at that stage. Add the tortellini, spinach, parmesan, and cream only when you reheat to serve.

THURSDAY

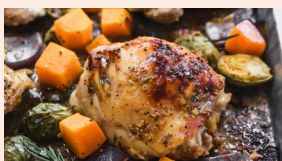
Ham Fried Rice



- Cook and refrigerate the rice a day or two ahead — cold rice fries up much better than fresh. Chop the ham and carrot ahead of time so dinner is just a quick stir-together.

FRIDAY

Honey Mustard Chicken



- Mix the honey mustard sauce ahead and chop the butternut squash, red onion, and Brussels sprouts in advance. Store the sauce and veggies separately in the fridge until ready to bake.