



MONDAY



Vegetable Tortellini Soup
\$7.04

TUESDAY



Pad Thai
\$10.53

WEDNESDAY



Southwest Egg Roll
\$11.68

THURSDAY



Baked Tacos
\$16.26

FRIDAY



Teriyaki Chicken
\$10.90

Estimated Total: \$56.41

Produce:

- Celery (2 ribs)
- Bean Sprouts (1 cup)
- Cilantro (1/2 cup + 1 bunch)
- Garlic (7 cloves)
- Green Onions (4)
- Limes (2)
- Onion (1 small + 1/4 cup)
- Red Bell Pepper (2)
- Roma Tomatoes (2)
- Romaine Hearts (1)
- Yellow Onion (1/2)
- Steamed Broccoli or Stir-Fry Veggies (for serving)

Canned Goods:

- Black Beans (15 oz)
- Diced Tomatoes (14.5 oz)
- Pinto Beans (16 oz)
- Tomato Sauce (8 oz)
- Vegetable Broth (4 cups)

Bread & Grains:

- Egg Roll Wrappers (20)
- Flat Rice Noodles (8 oz)
- Hot Cooked Rice (for serving)
- Taco Shells (20 hard)

Refrigerated:

- Cheese Tortellini (10 oz)
- Cooked Corn (1 cup)
- Cream Cheese (6 oz)
- Eggs (2)
- Frozen Mixed Carrots, Peas, Corn, Green Beans (2 cups)
- Shredded Cheddar Cheese (2 cups)
- Sour Cream (1/4 cup + extra for serving)
- Grated Parmesan Cheese (for serving)

Pantry:

- Better than Bouillon Vegetable Base (2 tsp)
- Cornstarch (3 tsp)
- Creamy Peanut Butter (2 Tbsp)
- Dry Roasted Peanuts (1/2 cup)
- Fish Sauce (3 Tbsp)
- Honey (2 Tbsp)
- Light Brown Sugar (1/2 cup + 5 Tbsp)
- Low-Sodium Soy Sauce (1 cup + 1 Tbsp)
- Oil (4 Tbsp + extra for frying)
- Salsa (1/3 cup + extra for serving)
- Rice Vinegar (1/4 cup + 2 Tbsp)
- Olive Oil (1 Tbsp)
- Sesame Oil (2 Tbsp)
- Sriracha Hot Sauce (1 Tbsp)

Protein:

- Boneless Skinless Chicken Breasts (2)
- Cooked Chicken (2 cups)
- Lean Ground Beef (1 lb)
- Uncooked Shrimp, Chicken or extra-firm tofu (8 oz)

Seasonings:

- Bay Leaves
- Chili Powder
- Crushed Red Pepper Flakes
- Oregano Leaves
- Parsley Flakes
- Rosemary
- Garlic Powder
- Ground Cumin
- Ground Ginger
- Italian Seasoning
- Paprika
- Salt & Pepper



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Meal Plan 153

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Eggs Benedict
- 5 Minute Whole Wheat Pancakes
- Green Smoothie

LUNCH IDEAS

- Radicchio Salad
- Classic Chili
- Whipped Fata Dip with Roasted Vegetables

SNACK IDEAS

- Blueberry Pie
- Balsamic Roasted Carrots
- Crab Artichoke Dip

MONDAY

Vegetable Tortellini Soup



- Soup can be made ahead of time. Store the soup before adding the tortellini, so they don't get overcooked and mushy when reheated. . Rewarm on the stove, add tortellini and cook until tender.

TUESDAY

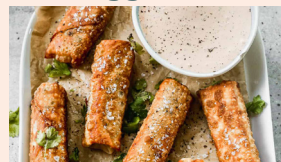
Pad Thai



- Cut your protein, and chop veggies ahead of time. Stir together sauce ingredients and set aside.

WEDNESDAY

Southwest Egg Roll



- Prepare the filling and sauce ahead of time and store in the fridge for up to 3 days, depending on freshness of ingredients. To assemble egg rolls ahead of time, roll them in egg roll wrappers, place in an airtight container, covering them with a damp cloth before applying the lid. Refrigerate for a few hours. Cooked egg rolls can also be made ahead of time, then reheated in an air fryer or hot skillet until toasted again on all sides.

THURSDAY

Baked Tacos



- The taco meat filling can be made 2-3 days in advance (depending on the freshness of your ingredients), stored in the fridge. When ready to use, fill tacos and bake as instructed. Assembled tacos, in the shells, will keep for a few hours stored in covered in the refrigerator (the taco shells will start to soften too much if assembled for longer than a few hours before baking).

FRIDAY

Teriyaki Chicken



- To make this recipe ahead of time, make the teriyaki sauce and store in a container in the fridge for 3-5 days. When ready to eat, sauté the chicken, then pour sauce on top and cook until warmed through.