



MONDAY



Chicken Shawarma Bowl
\$19.02

TUESDAY



Garden Vegetable Pie
\$11.82

WEDNESDAY



Baked Mac & Cheese
\$8.35

THURSDAY



Thai Chicken Pizza
\$8.46

FRIDAY



Baked Tacos
\$16.26

Estimated Total: \$63.91

Produce:

- Cherry Tomatoes (1 cup)
- Red or Green Onion (1/4 cup)
- English Cucumber (2)
- Basil Leaves (10)
- Cilantro, chopped (1/4 cup)
- Parsley, chopped (for serving)
- Lemon Juice (3 tsp)
- Ginger, grated (1 Tbsp)
- Garlic (8 cloves)
- Lemons (2)
- Onion (1 small)
- Red Onion (1)
- Roma Tomatoes (2)
- Romaine Heart (1)
- Shredded Carrot (3 Tbsp)
- Sweet Onion (1/2 cup)
- Tomatoes (3)
- Yellow Squash (1 small)
- Zucchini (1 small)

Protein:

- Bacon (6 slices)
- Boneless Skinless Chicken Thighs (6)
- Cooked Shredded Chicken (1 heaping cup)
- Lean Ground Beef (1 lb)

Refrigerated:

- Butter (3 Tbsp)
- Feta Cheese Crumbles (for serving)
- Parmesan Cheese, grated (2 Tbsp + 1/2 cup)
- Sharp Cheddar Cheese, grated (4 1/2 cups)
- Mozzarella Cheese, shredded (2 1/4 cup)
- Half & Half (3/4 cup)
- Milk (1 1/2 cup)
- Plain Greek Yogurt (1 cup)

Pantry:

- All-Purpose Flour (2 Tbsp)
- Chicken Bouillon Paste (1 1/2 tsp)
- Cornstarch (1 1/2 tsp)
- Dijon Mustard (1/2 tsp)
- Dry Jasmine Rice (1 1/2 cup)
- Honey (2 tsp)
- Hummus (1/2 cup)
- Low-Sodium Soy Sauce (2 tsp)
- Mayonnaise (3/4 cup)
- Olive Oil (1/2 cup + 1 Tbsp + 1 tsp)
- Panko Breadcrumbs (1/2 cup)
- Peanut Butter (3 Tbsp)
- Pre-Bake Pie Crust (1 - 9 inch)
- Rice Vinegar (2 tsp)
- Salsa & Sour Cream (for serving)
- Sesame Oil (1/2 tsp)
- Pizza Dough (1 large)

Bread & Grains:

- Elbow Macaroni (1/2 lb)
- Taco Shells (20 hard)

Canned Goods:

- Pinto Beans (16 oz)
- Tomato Sauce (8 oz)

Seasonings:

- Chili Powder
- Crushed Red Pepper Flakes
- Dried Dill Weed
- Dried Oregano Leaves
- Dried Parsley Flakes
- Garlic Powder
- Ground Cinnamon
- Ground Cumin
- Ground Turmeric
- Kosher Salt
- Onion Powder
- Paprika
- Salt & 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 173

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Eggs Florentine
- Breakfast Quesadillas
- German Pancakes

LUNCH IDEAS

- Chicken Caesar Pasta Salad
- Egg Salad Sandwich
- Tomato Soup

SNACK IDEAS

- Healthy Granola
- Double Chocolate Chip Cookies
- Chocolate Protein Shake

MONDAY

Chicken Shawarma Bowl



- Most elements of these shawarma bowls can be prepped ahead: tzatziki sauce, chicken marinade, and chop veggies 1-3 days ahead.

TUESDAY

Garden Vegetable Pie



- The squash, zucchini, and onion may be sliced up to one day ahead of time. The cheese spread may also be made ahead and kept in the fridge.

WEDNESDAY

Baked Mac & Cheese



- You can make this creamy baked mac and cheese recipe 1-2 days ahead of time. Prepare the sauce, cook the noodles, and store both separately in the fridge until ready to bake.

THURSDAY

Thai Chicken Pizza



- The peanut sauce can be made 3-5 days in advance, stored in the fridge. The entire pizza can be assembled several hours before baking.

FRIDAY

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).