



MONDAY



Greek Burger with Feta Aioli
\$18.25

TUESDAY



Manicotti
\$17.63

WEDNESDAY



Chicken Cordon Bleu
\$11.82

THURSDAY



Pad Thai
\$10.53

FRIDAY



White Chicken Chili
\$19.02

Estimated Total: \$87.59

Produce:

- Baby Arugula (1 cup)
- Corn (1 cup)
- Basil Leaves (1/4 cup)
- Bean Sprouts (1 cup)
- Parsley (1/4 cup + 2 Tbsp)
- Cilantro (1/2 cup)
- Mint Leaves (6)
- Garlic (11 cloves)
- Green Onions (3)
- Lime (1/2 small + 2 limes)
- Red Bell Pepper (1)
- Red Onion (1/2)
- Yellow Onion (1 small)
- Optional for cake: Raspberries
- Optional for serving: Avocado

Pantry:

- Corn Flake Cereal (3 cups)
- Creamy Peanut Butter (2 Tbsp)
- Dry Roasted Peanuts (1/2 cup)
- Fish Sauce (3 Tbsp)
- Granulated Sugar (1 cup)
- Harissa Paste (1 tsp)
- High Quality Semi-Sweet Chocolate (8 oz)
- Light Brown Sugar (5 Tbsp)
- Low-sodium Soy Sauce (1 Tbsp)
- Mayonnaise (1 cup)
- Oil (3 Tbsp)
- Olive Oil (1 Tbsp)
- Panko Breadcrumbs (2/3 cup)
- Roasted Red Bell Peppers (1/3 cup)
- Rice Vinegar (2 Tbsp)
- Sriracha Hot Sauce (1 Tbsp)
- Unsweetened Cocoa Powder (1/2 cup)
- Vanilla Extract (1 tsp)
- Yellow Mustard (1 tsp)

Bread & Grains:

- Flat Rice Noodles (8 oz)
- Hamburger Buns (5)
- No-boil Lasagna Noodles (16)
- Tortilla Chips (for serving)

Protein:

- Boneless Skinless Chicken Breasts (4)
- Cooked Chicken (2 heaping cups)
- Ground Turkey (1 lb)
- Ham (8 thin slices)
- Uncooked Shrimp, Chicken, or extra-firm Tofu (8 oz)

Seasonings:

- Cayenne Pepper
- Basil
- Oregano
- Cumin
- Kosher Salt
- Paprika
- Black Pepper
- Kosher Salt

Canned Goods:

- Diced Green Chilies (2 - 4 oz cans)
- Great Northern Beans (2 - 15 oz cans)
- Low-sodium Chicken Broth (2 1/2 cups)
- Marinara Sauce (3 cups)

DESSERT



Flourless Chocolate Cake
\$10.34



Meal Plan 200

PREP INSTRUCTIONS

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!

BREAKFAST IDEAS

- Pumpkin Cinnamon Rolls
- Breakfast Taquitos
- Vanilla Protein Shake

LUNCH IDEAS

- Chicken and Wild Rice Soup
- Instant Pot Pasta and Meatballs
- Mason Jar Salads

SNACK IDEAS

- Protein Ice Cream
- Deviled Eggs
- Healthy Banana Muffins

MONDAY

Greek Burger with Feta Aioli



- The feta aioli can be made a few days in advance then stored in an airtight container in the fridge. You can mix and form the greek burger patties up to 1 day ahead of time. Store them covered well in the refrigerator.

TUESDAY

Manicotti



- Fill and roll the manicotti, place in pan, cover and refrigerate for up to 3 days. Store marinara topping separately and add before baking.

WEDNESDAY

Chicken Cordon Bleu



- Prepare the recipe through step 4 (wrapping stuffed chicken breasts and placing them in the refrigerator). Store for up to one day and prepare as directed.

THURSDAY

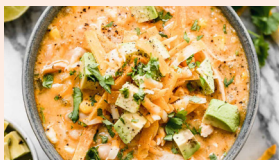
Pad Thai



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

FRIDAY

White Chicken Chili



- White chicken chili can be made ahead of time and stored in the refrigerator for 3-4 days after making. Reheat in the microwave or on the stovetop. This soup can also be frozen; cook until step 5 and freeze for up to 3 months.