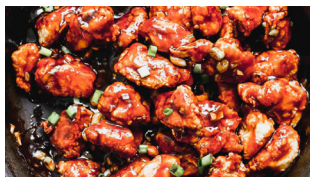




**MONDAY**



**General Tso's Chicken**  
\$13.44

**TUESDAY**



**Black Bean Burger**  
\$6.90

**WEDNESDAY**



**Fajitas**  
\$8.53

**THURSDAY**



**Creamy Zuppa Toscana**  
\$21.58

**FRIDAY**



**Pot Roast**  
\$29.81

Estimated Total: \$80.26

**Produce:**

- Red Bell Pepper (3)
- Kale (3 cups, chopped)
- Garlic (11 cloves)
- Green Bell Pepper (1/2)
- Lime Juice (2 tsp + juice from 1 large)
- Onion (1/2 small + 1 large)
- Red or Yellow Onion (1 large)
- Russet Potatoes (2 large)
- Optional: Carrots, red or yukon gold potatoes, pearl onions, mushrooms, parsnips, celery (for Pot Roast)
- Optional: lettuce, tomato, or desired burger toppings
- Cilantro (for serving)
- Guacamole (for serving)

**Protein:**

- Bacon (5 slices)
- Boneless Skinless Chicken Breasts (1 1/2 lbs)
- Chunk Roast (4 lbs)
- Hot Ground Italian Sausage (1 lb)
- Steak, Chicken or Large Shrimp (1 1/2 lb - for Fajitas)

**Canned Goods:**

- Adobo Sauce (1 Tbsp)
- Black Beans (15 oz. can)
- Chipotle Peppers in Adobo Sauce (2)
- Low-Sodium Chicken Broth (4 1/2 cup)

**Refrigerated:**

- Egg (1 large)
- Egg Whites (2 large)
- Heavy Whipping Cream (1 1/2 cups)
- Sour Cream (for serving)

**Pantry:**

- All-Purpose Flour (1/2 cup)
- Dry Onion Soup Mix (store bought or homemade)
- Cream of Anything (store bought or homemade)
- Cornstarch (1/2 cup + 1 1/2 tsp)
- Hoisin Sauce (2/3 cup)
- Light Brown Sugar (1/4 cup)
- Liquid Smoke (1/4 tsp)
- Low-Sodium Soy Sauce (1/3 cup)
- Mayonnaise (1 cup)
- Oil (5 Tbsp + 1/2 cup)
- Rice Vinegar (1/3 cup)
- Salsa + Pico (for serving)

**Bread & Grains:**

- Hamburger Buns (4)
- Warm Flour Tortillas (for serving)
- Whole Wheat Breadcrumbs (2/3 cups)

**Seasonings:**

- Chili Powder
- Crushed Red Pepper Flakes
- Cumin
- Ground Cumin
- Ground Ginger
- Kosher Salt
- Oregano
- Smoked 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 156

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- Orange Rolls
- Huevos Rancheros
- French Toast

### LUNCH IDEAS

- Mushroom Tacos
- Pizza Quesadillas
- Thai Chicken Lettuce Wraps

### SNACK IDEAS

- Chocolate Protein Shake
- Carrot Muffins
- Energy Balls

MONDAY

#### General Tso's Chicken



- Make sauce, and cut chicken breasts - place in an air tight container until ready to cook.

TUESDAY

#### Black Bean Burger



- The black bean burger mixture can be made 1-2 days ahead of time, formed into patties, or not, covered well.

WEDNESDAY

#### Fajitas



- Chop the vegetables and meat and store separately in the refrigerator up to 1 day before cooking. Fajita seasoning can be made and stored in an airtight container in the cupboard for up to six months.

THURSDAY

#### Creamy Zuppa Toscana



- Homemade Zuppa Toscana soup can be made 1-3 days ahead of time, stored in the fridge.

FRIDAY

#### Pot Roast



- This recipe can be assembled (but not cooked) 1-2 days in advance (depending on freshness of meat). Place everything in the pot, cover and refrigerate until ready to cook.