



MONDAY



Tahini Chicken Bowls
\$18.69

TUESDAY



French Onion Burger
\$20.02

WEDNESDAY



Vegetarian Stuffed Peppers
\$19.60

THURSDAY



Chicken Noodle Soup
\$10.00

FRIDAY



Meatballs Arrabbiata
\$27.81

Estimated Total: \$96.12

Produce:

- Baby Arugula (for serving)
- Carrots (3 large)
- Celery (2 ribs)
- Cilantro (1/4 cup)
- Basil Leaves (12)
- Broccoli (10 oz)
- Parsley (1/2 cup)
- Lemon Juice (1/2 tsp)
- Mint Leaves (1/4 cup)
- Garlic (20 cloves)
- Green Onions (4)
- Lemon Juice (1/4 cup + 2 Tbsp)
- Onion (3)
- Red Bell Pepper (1)
- Red Onion (1)
- Sweet Bell Pepper (6)
- Yellow Onion (1)
- Zucchini (1)

Protein:

- Boneless Skinless Chicken Thighs (1 1/2 lb)
- Cooked Bacon (6 slices)
- Ground Chunk (1 1/2 lb)
- Lean Ground Beef (1 lb)
- Pork Sausage (1 lb)
- Rotisserie Chicken (3 cups)

Canned Goods:

- Black Beans (15 oz)
- Chicken Stock (10 cups)
- Diced Tomatoes with Green Chiles (15.5 oz)
- Low-Sodium Beef Broth (1/2 cup)
- Tahini (1/4 cup)
- Tomato Paste (1/4 cup)

Refrigerated:

- Butter (2 1/2 Tbsp)
- Parmesan Cheese, grated (2 Tbsp + 1 cup)
- Frozen Corn (1 cup)
- Gruyere Cheese (6 slices)
- Large Eggs (2)
- Shredded Cheese (1 1/2 cup)

Pantry:

- All-Purpose Flour (1 cup)
- Balsamic Vinegar (1 Tbsp)
- Better than Bouillon Chicken Flavor (1 tsp)
- Olive Oil (1 cup)
- Onion Soup Mix (1)
- Sugar (1/2 Tbsp)
- Horseradish (1 Tbsp)
- Mayonnaise (1/2 cup)

Bread & Grains:

- Batch of homemade egg noodles (1 - or store bought)
- Bread Crumbs (2/3 cup)
- Cooked Rice (1 1/2 cup)
- Hamburger Buns (6)
- Cooked White Rice or Cauliflower Rice (for serving)

Seasonings:

- Crushed Red Pepper Flakes
- Dried Basil
- Dried Rosemary
- Dried Sage
- Italian Seasoning
- Kosher Salt
- Salt & Pepper
- Taco Seasoning
- Zaatar



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Meal Plan 174

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Freezer Breakfast Sandwich
- Sour Cream Coffee Cake
- Breakfast Quesadillas

LUNCH IDEAS

- Taco Salad
- Tomato Soup
- Italian Grilled Cheese

SNACK IDEAS

- Hummus
- Healthy Granola
- Strawberry Banana Smoothie

MONDAY

Tahini Chicken Bowls



- The tahini sauce can be made ahead of time and stored in the refrigerator until ready to use. The chicken can be placed in the marinade anywhere from 1-8 hours before grilling. I love to do these two simple things, and chop the veggies, in the morning so dinner is quick and easy!

TUESDAY

French Onion Burgers



- Make the horseradish aioli up to 2 weeks ahead of time and keep in an airtight container in the fridge. Mix and form the french onion soup burger patties up to 1 day in advance. Just make sure you keep them covered well and in the refrigerator.

WEDNESDAY

Vegetarian Stuffed Peppers



- The peppers can be stuffed with filling 1-2 days ahead and stored covered in the refrigerator.

THURSDAY

Chicken Noodle Soup



- This soup is best made ahead of time when you are using homemade egg noodles, since they don't get soggy and overcooked like regular store bought noodles. If you wanted to use regular noodles, I recommend making the broth (steps 1-2) first, and then boiling it with the noodles, and adding the chicken, the day of serving.

FRIDAY

Meatballs Arrabbiata



- Make the horseradish aioli up to 2 weeks ahead of time and keep in an airtight container in the fridge. Mix and form the french onion soup burger patties up to 1 day in advance. Just make sure you keep them covered well and in the refrigerator.