



MONDAY



Chicken Caprese
\$14.27

TUESDAY



Greek Burgers with Feta Aioli
\$18.25

WEDNESDAY



Manicotti
\$17.63

THURSDAY



Crispy BBQ Chicken Wraps
\$11.69

FRIDAY



Cedar Plank Salmon
\$14.84

Estimated Total: \$76.68

Produce:

Baby Arugula (1 cup)
Basil Leaves (1/4 cup)
Parsley (1/4 cup + 2 Tbsp)
Cilantro (1/4 cup)
Mint Leaves (6)
Garlic (7 cloves)
Red Onion (1)
Roma Tomatoes (2)

Refrigerated:

Eggs (3 large)
Feta Cheese (1/2 cup)
Mozzarella Cheese (16 oz)
Parmesan Cheese (2 cups)
Light Mayonnaise (1/4 cup)
Plain Greek Yogurt (1/4 cup)
Ricotta Cheese (3 cups)
Shredded Cheddar Cheese (2 cups)

Seasonings:

Dried Basil
Dried Oregano Leaves
Kosher Salt
Salt & Pepper

Protein:

Boneless Skinless Chicken Breasts (3)
Cooked Chicken (2 cups)
Ground Turkey (1 lb)
Salmon Fillets (2)

Bread & Grains:

Flour Tortillas (4 large)
Hamburger Buns (5)
No-Boil Lasagna Noodles (16)

Pantry:

Balsamic Vinegar (1/3 cup)
BBQ Sauce (1/2 cup)
Cedar Plank (1)
Dijon Mustard (3 Tbsp)
Marinara Sauce (homemade or store bought)
Light Brown Sugar (1/4 cup + 2 Tbsp)
Harissa Paste (1 tsp)
Oil (2 Tbsp)
Olive Oil (2 Tbsp)
Panko Breadcrumbs (2/3 cup)
Roasted Red Peppers (1/3 cup)

**Tastes Better
from Scratch™**

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Meal Plan 175

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Breakfast Taquitos
- Buttermilk Pancakes
- Skinny Chocolate Muffins

LUNCH IDEAS

- Cheeseburger Salad
- Healthy Chicken Salad
- Lettuce Wraps
- Pizza Quesadillas

SNACK IDEAS

- Applesauce Muffins
- Pitaya Bowl
- Chocolate Protein Shake

MONDAY

Chicken Caprese



- This recipe tastes best fresh but can be made ahead of time and stored in an airtight container, reheat when ready to serve.

TUESDAY

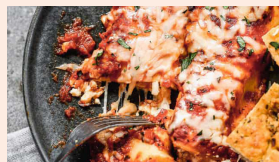
Greek Burger with Feta Aioli



- 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.

WEDNESDAY

Manicotti



- This baked Manicotti can be prepped and kept in the refrigerator until ready to bake for up to 3 days!

THURSDAY

Crispy BBQ Chicken Wraps



- This can be made ahead of time and stored in an airtight container, reheat when ready to serve.

FRIDAY

Cedar Plank Salmon



- This recipe tastes best fresh but can be made ahead of time and stored in an airtight container, reheat when ready to serve.