



## MONDAY



**BBQ Chicken Bowl**  
\$14.70

## TUESDAY



**Chicken Cordon Bleu**  
\$11.82

## WEDNESDAY



**Grilled Fish Tacos**  
\$9.37

## THURSDAY



**Bulgur Salad**  
\$21.25

## FRIDAY



**Classic Hamburger**  
\$12.27

Estimated Total: \$69.41

### Produce:

Avocado (1)  
Beefsteak Tomato (1)  
Corn (3 ears)  
English Cucumber (1/2)  
Parsley, chopped (1/2 cup)  
Dill (1/4 cup)  
Mint Leaves (1/2 cup)  
Garlic (2 cloves)  
Lemon (1 large)  
Lettuce Leaves (6)  
Lime (2 small)  
Onion (1/2 cup)  
Red Bell Pepper (1)  
Red Onion (1/4 cup)  
Red or White Onion (1/2)  
Zucchini (1)  
Optional: cilantro, cabbage, lime

### Refrigerated:

Butter (6 Tbsp)  
Buttermilk (1/4 cup)  
Cheddar Cheese (6 slices)  
Feta Cheese Crumbles (1/3 cup)  
Plain Greek Yogurt (1/4 cup)  
Sour Cream (1/2 cup)  
Swiss Cheese (8 oz)  
Cotija Cheese (for serving)

### Pantry:

BBQ Saue (1 cup)  
Brown Sugar (1/2 tsp)  
Corn Flakes Cereal (3 cups)  
Extra Virgin Olive Oil (1/4 cup)  
Honey (1 Tbsp)  
Mayonnaise (1 2/3 cup)  
Oil (4 Tbsp)  
Pickle Slices (6)  
Sriracha Hot Sauce (1 tsp)  
Whole Shelled Pistachios (1/3 cup)  
Yellow Mustard (1 tsp)  
Optional: Hot sauce, pico de gallo

### Protein:

Boneless Skinless Chicken Breasts (4)  
Chicken Breast Halves (4)  
Ground Chunk 80/20 (1 1/2 lb)  
Ham (8 thin slices)  
Lean White Fish (1 lb)

### Canned Goods:

Low-Sodium Chicken Broth (3 cups)  
Black Beans (15 oz)  
Chickpeas (15 oz)

### Bread & Grains:

Buns (6)  
Long-grain white rice (1 1/2 cups)  
Uncooked Bulgur (1 cup)  
White Corn Tortillas (8)

### Seasonings:

Cayenne Pepper  
Chili Powder  
Cumin  
Dried Dill Weed  
Dried Parsley Flakes  
Garlic Powder  
Ground Cumin  
Onion Powder  
Paprika  
Salt & Pepper

**Tastes Better  
from Scratch™**

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 176

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- Breakfast Casserole
- Cottage Cheese Pancakes
- French Toast

### LUNCH IDEAS

- Taco Salad
- Apple Pecan Salad
- Truffle Mac and Cheese

### SNACK IDEAS

- Vanilla Protein Shake
- Granola Bites
- Hummus and Veggies

MONDAY

#### BBQ Chicken Bowl



- These chicken bowls are easy to prep ahead! Just toss the marinade on the chicken, make the sauce, and chop the veggies. Keep everything in the fridge. Dinner will be a breeze!

TUESDAY

#### 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.

WEDNESDAY

#### Grilled Fish Tacos



- Fish sauce can be made ahead of time and stored in an airtight container until ready to serve.

THURSDAY

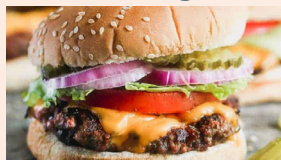
#### Bulgur Salad



- The whole salad bulgur salad recipe can be made ahead the day before, or you can prep the components. Chop all of the veggies ahead of time, and cook bulgur the day before and keep in an airtight container in the fridge.

FRIDAY

#### Classic Hamburger



- Store prepared patties in the fridge for 1-2 days, placing pieces of parchment paper between them, and covering well with tinfoil or plastic wrap.