



MONDAY



Tahini Chicken Bowl
\$18.69

TUESDAY



Harissa Pasta
\$24.19

WEDNESDAY



French Onion Burger
\$20.02

THURSDAY



Pork Chile Verde
\$23.40

FRIDAY



**Gryos with
homemade Pita
Bread**
\$26.58

Estimated Total: \$112.88

Produce:

Baby Augula (for serving)
Basil Leaves (1 cup)
Broccoli (10 oz)
Campari Tomatoes (3)
Parsley (1/2 cup)
Cilantro (1/2 cup)
Jalapeno Peppers (2)
Lemon Juice (1/2 tsp)
Mint Leaves (1/4 cup)
Tomatillos (1.5 lb)
Poblano Chiles (4)
Garlic (20 cloves)
Lemon Juice (1/4 cup + 2 Tbsp)
Onion (3)
Red Bell Pepper (1)
Red Onion (2)
Romaine Heart (1)
Shallot (1)
Yellow Bell Pepper (1)
Yellow Onion (1 large)
Zucchini (1)

Bread & Grains:

Breadcrumbs (1/4 cup)
Bucatini Pasta (1 lb)
Hamburger Buns (6)
White Rice or Cauliflower Rice (for serving)

Pantry:

All Purpose Flour (2 1/4 cup)
Balsamic Vinegar (1 Tbsp)
Extra Virgin Olive Oil (1/4 cup)
Sugar (1/2 Tbsp + 1 tsp)
Harissa Paste (1/4 cup)
Horseradish (1 Tbsp)
Instant Yeast (2 1/4 tsp)
Mayonnaise (1/2 cup)
Oil (2 Tbsp)
Olive Oil (3 Tbsp)
Onion Soup Mix (1)

Protein:

Boneless Skinless Chicken Thighs (1.5 lb)
Cooked Bacon (6 slices)
Ground Beef (1 lb)
Ground Chunk (1.5 lb)
Ground Sausage (1 lb)
Ground Lamb (1 lb)
Pork Loin or Shoulder (3 lb)

Canned Goods:

Low-Sodium Chicken Broth (3 cups)
Sun-Dried Tomatoes (1 cup)
Tahini (1/4 cup)
Tomato Paste (1/4 cup)

Refrigerated:

Butter (2 Tbsp)
Feta Cheese Crumbles (1/2 cup)
Parmesan Cheese, grated (1/2 cup)
Gruyere Cheese (6 slices)
Tzatziki Sauce (1 cup)
Heavy Cream (1 cup)

Seasonings:

Aleppo Pepper
Dried Oregano
Fine Sea Salt
Ground Black Pepper
Ground Cumin
Kosher Salt
Sea Salt
Za'atar Seasoning

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from Scratch™**

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Meal Plan 178

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- French Toast Roll-Up
- Eggs Benedict
- German Pancakes

LUNCH IDEAS

- Cuban Sandwich
- Chicken Caesar Wrap
- Southwest Quinoa Salad

SNACK IDEAS

- Pitaya Bowl
- Easy Homemade Salsa
- Protein Bars

MONDAY

Tahini Chicken Bowl



- 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

Harissa Pasta



- Make the Harissa Pasta sauce ahead and store in the fridge for up to 3 days. Reheat on the stove and add cooked pasta when ready to serve.

WEDNESDAY

French Onion Burger



- 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.

THURSDAY

Pork Chile Verde



- Make through step 6. Allow to cool for 15 minutes. Chill uncovered until cold, then cover and keep chilled. When ready to eat, add salsa verde and bring to a simmer. Simmer for 30-45 minutes.
- Can be made 3 days ahead.

FRIDAY

Gyros with homemade pita bread



- Pita bread dough will keep for up to 5 days, covered in the fridge. Allow the cold dough to rest at room temperature for at least 30 minutes before dividing into pieces. Rolled out pita dough circles could be stored, lightly covered, in the fridge for a few hours ahead of time before cooking.