



EXCLUSIVE MEAL PLAN

Week 1

Thank you for ordering the Tastes Better from Scratch Cookbook! To show our gratitude, and help kick-off your journey with the book, we're excited to offer you this 2-week meal plan and grocery shopping list. We're confident your family will love these recipes as much as we do. Happy Cooking!

MONDAY



*Cajun Chicken
Pasta*

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TUESDAY



*Sheet Pan Sausage
and Veggies*

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WEDNESDAY



*Corn
Chowder*

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THURSDAY



*Green Chili Chicken
Enchiladas*

Page:115

FRIDAY



*Teriyaki Chicken
Stir-Fry*

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MONDAY

Cajun Chicken Pasta
\$8.18

TUESDAY

Sheet Pan Sausage & Veggies
\$14.71

WEDNESDAY

Corn Chowder
\$10.40

THURSDAY

Green Chili Chicken Enchiladas
\$15.00

FRIDAY

Teriyaki Chicken Stir-Fry
\$10.90

Estimated Total: \$59.19

PRODUCE

- Potatoes - Red, Gold, or Sweet Potato (2 cups)
Sheet-Pan Sausage & Veggies
- Fresh Green Beans (2 cups)
Sheet-Pan Sausage & Veggies
- Broccoli (1 head)
Sheet-Pan Sausage & Veggies
- Bell Pepper (1)
Sheet-Pan Sausage & Veggies
- Yellow Squash (1)
Sheet-Pan Sausage & Veggies
- Yellow Onion (1)
Corn Chowder
- Celery (2 Ribs)
Corn Chowder
- Corn - Fresh or Frozen (4 cups)
Corn Chowder
- Potato (1 large)
Corn Chowder
- Green Onion (1)
Teriyaki Chicken
- Steamed Broccoli or Stir-Fry Veggies
Teriyaki Chicken
- Garlic Cloves (2)
Teriyaki Chicken & Cajun Chicken Pasta
- Fresh Parsley (1 Tbsp)
Sheet-Pan Sausage & Veggies

REFRIGERATED

- Butter (8 Tbsp)
Cajun Chicken Pasta, Green Chili Chicken Enchiladas & Corn Chowder
- Cream Cheese (4 oz)
Cajun Chicken Pasta
- Grated Parmesan Cheese (1 cup)
Cajun Chicken Pasta & Sheet-Pan Sausage and Veggies
- Milk (1 cup)
Cajun Chicken Pasta
- Mozzarella Cheese (2 cup)
Green Chili Chicken Enchiladas
- Half & Half (1 1/2 cups)
Corn Chowder
- Sour Cream (3/4 cup)
Green Chili Chicken Enchiladas

CANNED GOODS

- Low Sodium Chicken Broth (6 cups)
Corn Chowder & Green Chili Chicken Enchiladas
- Mild Diced Green Chilies (8 oz)
Green Chili Chicken Enchiladas & Corn Chowder
- Chipolte Peppers in Adobo Sauce (1-2)
Corn Chowder

MEAT

- Pre-Cooked Sausage (12-16 oz)
Sheet-Pan Sausage and Veggies
- Pre-Cooked Chicken (2 cups)
Green Chili Chicken Enchiladas
- Chicken Breasts (2 breasts + 1 lb)
Cajun Chicken Pasta & Teriyaki Chicken
- Bacon (3-4 slices)
Corn Chowder

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SPICES

- Cumin (1 tsp)
Green Chili Chicken Enchiladas
- Cajun Seasoning (2 tsp)
Cajun Chicken Pasta
- Garlic Powder (1 1/2 tsp)
Green Chili Chicken Enchiladas
- Ginger (1 1/2 tsp)
Teriyaki Chicken
- Paprika (1 tsp)
Sheet-Pan Chicken and Veggies
- Italian Seasoning (1 tsp)
Sheet-Pan Chicken and Veggies
- Oregano (1 tsp)
Sheet-Pan Chicken and Veggies & Green Chili Chicken Enchiladas
- Salt (2 tsp)
Sheet-Pan Chicken and Veggies, Cajun Chicken Pasta & Corn Chowder
- Pepper (1 tsp)
Sheet-Pan Chicken and Veggies, Cajun Chicken Pasta
- Red Pepper Flakes (3/4 tsp)
Teriyaki Chicken

**Tastes Better
from Scratch**



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TUESDAY

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& Veggies**
\$14.71

WEDNESDAY

Corn Chowder
\$10.40

THURSDAY

**Green Chili Chicken
Enchiladas**
\$15.00

FRIDAY

**Teriyaki Chicken Stir-
Fry**
\$10.90

Estimated Total: \$59.19

OTHER

- Honey (2 Tbsp)
Teriyaki Chicken
- Low Sodium Soy Sauce (1 cup)
Teriyaki Chicken
- Rice Vinegar (1/4 cup)
Teriyaki Chicken
- Sesame Oil (2 Tbsp)
Teriyaki Chicken

PANTRY

- Flour (1/4 cup)
Green Chili Chicken Enchiladas
- Corn Starch (3 tsp)
Teriyaki Chicken
- Cornmeal (3-4 tsp)
Corn Chowder
- Light Brown Sugar (1/2 cup)
Teriyaki Chicken
- Oil (1-2 Tbsp)
Teriyaki Chicken
- Olive Oil (1/3 cup)
Sheet-Pan Sausage and Veggies

BREAD/GRAINS

- Flour (8 - 8 inch) or Corn Tortillas
(16 - 4 inch)
Green Chili Chicken Enchiladas
- Farfalle Pasta (8 oz)
Cajun Chicken Pasta

SUGGESTED SIDES:

Mexican Rice (for serving)
Green Chili Chicken Enchiladas

Salsa and Guacamole (for serving)
Green Chili Chicken Enchiladas

Hot Cooked Rice (for serving)
Teriyaki Chicken

SUGGESTED VEGGIES:

*Red Onion, Asapargus, Carrots,
Zucchini, Cherry Tomatoes,
Brussel Sprouts, Cauliflower*

Sheet Pan Sausage & Veggies

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EXCLUSIVE MEAL PLAN

Week 2

MONDAY



Crispy Southwest Wraps

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TUESDAY



Butter Chicken

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WEDNESDAY



Teriyaki Pasta Salad

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THURSDAY



Spaghetti Pie

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FRIDAY



Navajo Tacos

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MONDAY

Crispy Southwest Wrap
\$14.18

TUESDAY

Butter Chicken
\$15.56

WEDNESDAY

Teriyaki Pasta Salad
\$19.74

THURSDAY

Spaghetti Pie
\$5.29

FRIDAY

Navajo Tacos
\$17.06

Estimated Total: \$71.83

PRODUCE

- Bell Pepper (1/2)
Crispy Southwest Wrap
- Green Onion (1)
Crispy Southwest Wrap
- Sweet Onion (2 Tbsp)
Teriyaki Pasta Salad
- Basil Leaves (1/4 cup)
Spaghetti Pie
- Lettuce (2 cups)
Navajo Tacos
- Tomatoes (1 cup)
Navajo Tacos
- Avocado (1)
Navajo Tacos
- Ginger (1 Tbsp + 2 tsp)
Butter Chicken
- Garlic Cloves (4)
Butter Chicken
- Onion (1 cup)
Butter Chicken
- Spinach (1 lb)
Teriyaki Pasta Salad
- Jalapeno (1 small)
Butter Chicken

REFRIGERATED

- Butter (6 Tbsp)
Spaghetti Pie, Butter Chicken
- Cheddar Cheese (1 1/2 cup)
Crispy Southwest Wrap
- Cottage Cheese (1 cup)
Spaghetti Pie
- Egg (1)
Spaghetti Pie
- Heavy Cream (1 1/4 cup) or Can Coconut Milk (1- 13.5 oz can)
Butter Chicken
- Parmesan Cheese (1 cup)
Spaghetti Pie
- Shredded Cheese (1 cup)
Navajo Tacos
- Salsa (1/2 cup)
Navajo Tacos
- Sour Cream or Greek Yogurt (1 1/2 cup)
Crispy Southwest Wrap, Navajo Tacos and Butter Chicken

OTHER

- Teriyaki Sauce (1/2 cup)
Teriyaki Pasta Salad
- Rice Wine Vinegar (1/4 cup)
Teriyaki Pasta Salad
- Veggie Oil (3 1/4 cup)
Teriyaki Pasta Salad, Navajo Tacos
- Cashews (1/4 cup)
Butter Chicken

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SPICES

- Black Pepper (1/4 tsp)
Butter Chicken
- Cayenne Pepper (1/4 - 1/2 tsp)
Butter Chicken
- Chili Powder (3 tsp)
Crispy Southwest Wrap, Butter Chicken
- Cumin (3 1/2 tsp)
Crispy Southwest Wrap, Butter Chicken
- Coriander (1 tsp)
Butter Chicken
- Dried Fenugreek Leaves (1 tsp)
Butter Chicken
- Garlic Powder (1/2 tsp)
Crispy Southwest Wrap
- Garm Masala (3 tsp)
Butter Chicken
- Ground Turmeric (1 tsp)
Butter Chicken
- Salt (2 1/4 tsp)
Navajo Tacos, Butter Chicken



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TUESDAY

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WEDNESDAY

Teriyaki Pasta Salad
\$19.74

THURSDAY

Spaghetti Pie
\$5.29

FRIDAY

Navajo Tacos
\$17.06

Estimated Total: \$71.83

PANTRY

- All-Purpose Flour (2 cups)
Navajo Tacos
- Baking Powder (2 1/2 tsp)
Navajo Tacos
- Dry Roasted Peanuts (1/2 cup)
Teriyaki Pasta Salad
- Dried Cranberries (1/2 cup)
Teriyaki Pasta Salad
- Pasta Sauce (1 1/2 cup)
Spaghetti Pie
- Sugar or Honey (1 Tbsp)
Butter Chicken

CANNED GOODS

- Black Beans (15 oz)
Crispy Southwest Wrap
- Corn- Canned or Frozen (1 cup)
Crispy Southwest Wrap
- Diced Tomatoes (1 - 14.5 oz can)
Butter Chicken
- Mandarin Oranges (11 oz can)
Teriyaki Pasta Salad
- Olives (1/2 cup)
Navajo Tacos
- Water Chesnuts (1 small can)
Teriyaki Pasta Salad

BREAD/GRAINS

- Cooked Rice (1 cup)
Crispy Southwest Wrap
- Flour Tortillas (6-8 large)
Crispy Southwest Wrap
- Farfalle Pasta Noodles (16 oz)
Teriyaki Pasta Salad
- Spaghetti Noodles (8 oz)
Spaghetti Pie

MEAT

- Classic Homemade Chili, Ground Beef or Seasoned Shredded Pork, Chicken, or Beef (2 1/2 cup)
Navajo Tacos
- Chicken Breasts (1 lb) or 2 cups Rotisserie Chicken
Teriyaki Pasta Salad
- Chicken Breast (1 1/2 lb)
Butter Chicken
- Ground Beef (1 lb)
Crispy Southwest Wrap

SUGGESTED SIDES:

Hot Basmati Rice, Naan or Chapati (for serving)
Butter Chicken

Salsa and Guacamole (for serving)
Crispy Southwest Wrap

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