



**MONDAY**



**Clam Chowder**  
\$18.92

**TUESDAY**



**Lasagna**  
\$20.02

**WEDNESDAY**



**Monte Cristo Sandwich**  
\$8.58

**THURSDAY**



**Caribbean Jerk Chicken Bowls**  
\$8.69

**FRIDAY**



**Veggie Wrap**  
\$9.80

Estimated Total: \$66.01

**Produce:**

- Avocado (3)
- Spinach (3 1/2 cup)
- Bell Pepper (1/2)
- Carrot (1 large)
- Celery (3 ribs)
- Edamame (1 cup)
- English Cucumber (1)
- Basil Leaves (1 container)
- Pineapple and Juices (1/2 cup)
- Garlic (6 cloves)
- Green Bell Pepper (1/2)
- Lime Juice (1 tsp)
- Mango (1)
- Onion (1/2 large)
- Red Bell Pepper (1 1/2)
- Russet Potatoes (1 1/2 lb)
- Yellow Onion (1 medium)

*Suggested Veggies (veggie wrap) - Alfalfa Sprouts, Chopped Tomato, Radish, Corn, Lettuce, Cabbage, Beets, Peppers*

**Protein:**

- Ground Italian Sausage (1/2 lb)
- Lean Ground Beef (1/2 lb)
- Boneless Skinless Chicken Breasts (1 lb)
- Ham (8 slices)
- Turkey (8 slices)

**Refrigerated:**

- Butter (8 Tbsp)
- Eggs (2)
- Parmesan Cheese (8 oz)
- Half & Half (1 cup)
- Milk (4 1/4 cup)
- Mozzarella Cheese (1 lb)
- Swiss Cheese (8 slices)
- Hummus (2/3 cup)

**Bread & Grains:**

- Lasagna Noodles (9 regular)
- White Bread (8 slices)
- White Rice (5 cups)
- Whole Wheat Flour Tortillas (4 large)

**Seasonings:**

- Bay Leaves (3)
- Black Pepper (1/2 tsp)
- Garlic Powder (1/2 tsp)
- Cinnamon (1/4 tsp)
- Italian Seasoning (2 tsp)
- Jamaican Jerk Seasoning (1/4 cup)
- Salt (1 1/2 tsp)
- Salt & Pepper to taste

**Pantry:**

- Flour (1 1/2 cup)
- Baking Powder (1 tsp)
- Sugar (1 tsp)
- Olive Oil (4 Tbsp)
- Vegetable Oil (1/4 cup)
- Dijon Mustard (1 Tbsp + 1 tsp)
- Honey (2 Tbsp)
- Ketchup (2 tsp)
- Red Wine Vinegar (1 Tbsp)
- Powdered Sugar

*Suggested : (monte cristo sandwich) Raspberry or Blackberry Jam*

**Canned Goods:**

- Red Beans (15 oz. can)
- Chipotle Pepper in Adobo Sauce (1)
- Chopped Clams (4- 6.5 oz can)
- Diced Tomatoes (14.5 oz can)
- Low-Sodium Chicken Broth (1 cup)
- Tomato Paste (6 oz)
- Tomato Sauce (16 oz)

**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!