



MONDAY



Autumn Butternut Squash & Sweet Potato Soup
\$17.46

TUESDAY



Cheeseburger Pizza
\$14.82
(includes price of dough)

WEDNESDAY



Fettuccine Alfredo
\$6.68

THURSDAY



Cheese Enchiladas
\$9.38

FRIDAY



Hawaiian Haystacks
\$10.65

Estimated Total: \$58.99

Produce:

Butternut Squash (1 small)
Cabbage (1 cup)
Chopped Onion (1/3 cup)
Chopped Parsley (1 Tbsp)
Garlic Cloves (2)
Onion (1 medium)
Roma Tomato (1)
Sweet Potatoes (2 small)

Suggested: (Hawaiian Haystacks) Bell Peppers, Celery, Green Onion, Peas, Pineapple, Tomatoes

Protein:

Chicken (3 cups)
Ground Italian Sausage (1 lb)
Lean Ground Beef (1 lb)

Seasonings:

Garlic Powder (1 tsp)
Italian Seasoning (1/2 tsp)
Onion Powder (1/2 tsp)
Whole Cumin Seeds (1 1/2 tsp)
Whole Fennel Seeds (1 1/2 tsp)
Salt (1 1/2 tsp)
Salt & Pepper to taste

Refrigerated:

Butter (1/4 cup + 3 Tbsp)
Cotija Cheese (1/4 cup)
Parmesan Cheese (2 cups)
Heavy Cream (1 cup)
Milk (3 1/2 cup)
Shredded Cheddar Cheese (5 cups)
Shredded Mozzarella Cheese (5 cups)

Suggested : (Hawaiian Haystacks) Shredded Cheddar Cheese, Sour Cream

Canned Goods:

Diced Tomatoes (14.5 oz can)
Garbanzo Beans (15 oz can)
Low-Sodium Chicken Broth (5 cups)
Red Enchilada Sauce (20 oz)
Tomato Paste (2 Tbsp)

Suggested : (Hawaiian Haystacks) Sliced Olives

Pantry:

All Purpose Flour (1 Tbsp)
Active Dry Yeast (2 1/4 tsp)
Sugar (2 tsp)
Olive Oil (3 Tbsp)
Chicken Bouillon Paste (2 tsp)
Cornstarch (3 Tbsp)
Ketchup (3/4 cup)
Mayonnaise (1 1/2 Tbsp)
Mustard (1/3 cup)
Sliced Dill Pickle Coins (3/4 cup)
White Vinegar (1 tsp)
Bread Flour (3 3/4 - 4 cups)

Suggested : (Hawaiian Haystacks) Slivered Almonds, Toasted Coconut, Chow Mein Noodles

Bread & Grains:

Fettuccine Noodles (1 lb)
Pizza Dough (1 recipe)
White Corn Tortillas (12)
Hot Cooked Rice

**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!