



Estimated Total: \$52.91

Produce:

Green Bell Pepper (1 1/4)
Carrots (2)
Celery (3 ribs)
Fresh Basil (1/4 cup)
Garlic (5 cloves)
Lemon Juice (3 Tbsp)
Onion (3)
Red Bell Pepper (1)

Pantry:

All Purpose Flour (1/2 cup)
Beef Bouillon Granules (2 Tbsp)
Ketchup (1/3 cup)
Light Brown Sugar (1 tsp)
BBQ Sauce (1/4 cup)
Homemade Onion Soup Mix (1 batch)
Worcestershire Sauce (1 Tbsp)
Oil
Olive Oil
Yellow Mustard

MONDAY



Chicken & Rice Casserole
\$10.75

TUESDAY



Black Bean Quesadillas
\$6.98

WEDNESDAY



Creamy Tomato Basil Soup
\$14.45

THURSDAY



Chicken Fajita Pasta
\$11.38

FRIDAY



Sloppy Joes
\$9.35

Refrigerated:

Butter (1/2 cup)
Corn (1 heaping cup)
Parmesan (1 cup)
Half & Half (1 1/2 cups)
Milk (2 1/2 cup)
Sour Cream (optional topping)
Salsa (1/4 cup - extra for topping)
Cheddar Cheese (3.5 cups shredded)

Canned Goods:

Black Beans (1 - 15 oz. can)
Cream of Chicken Soup (2 cans)
Diced Tomatoes (3 - 14.5 oz. cans)
Chicken Broth (6 cups)
Tomato Paste (2 Tbsp)
Tomato Sauce (8 oz.)

Bread & Grains:

Flour Tortillas (4 large)
Hamburger Buns (5)
Long Grain White Rice (1 1/2 cup)
Penne (8 oz.)

Seasonings:

Chili Powder
Cumin
Basil
Oregano
Garlic Powder
Onion Flakes
Onion Powder
Parsley Flakes
Celery Seed
Paprika
Salt & Pepper

Protein:

Chicken Breasts or Tenders (1 lb.)
Chicken Breasts (3 Thick)
Ground Beef (1 lb.)

**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!