



## MONDAY



**Chicken Pot Pie**  
\$10.84

## TUESDAY



**Tortellini Pasta Salad**  
\$13.99

## WEDNESDAY



**Shredded Beef Enchiladas**  
\$25.58

## THURSDAY



**Grilled Ham & Cheese**  
\$5.36

## FRIDAY



**Slow Cooker Tikka Masala**  
\$16.09

Estimated Total: \$71.86

### Produce:

Avocado (1)  
Celery (1/2 cup)  
Cherry Tomatoes (1 1/2 cups)  
Corn (1 cup)  
Cilantro (1/2 cup)  
Jalapeno (1/4)  
Garlic (3 cloves)  
Juice from 2 Limes  
Large Onion (1/4)  
Onion (1/3 cup)  
Red Bell Pepper (1)  
Red Onion (1/4 cup)

### Pantry:

Flour (1/3 cup)  
Chicken Bouillon Paste (1 tsp)  
Cornstarch (2 Tbsp)  
Dijon Mustard (1 Tbsp)  
Sugar (1 tsp)  
Honey (1/4 cup)  
Hot Sauce (1 tsp)  
Mayonnaise (1/2 cup)  
Olive Oil (5 Tbsp)  
Rice Vinegar (2 Tbsp)  
Salsa (1 cup)  
Yellow Mustard (2 Tbsp)

### Refrigerated:

Butter (2 Tbsp + 1/3 cup)  
Cheddar Cheese (8 slices)  
Egg (1)  
Frozen Veggies (8 oz)  
Milk (1 cup + 1 Tbsp)  
Cheddar Cheese (1 cup)  
Monterey Jack Cheese (1 cup)  
Three Cheese Refrigerated Tortellini (20 oz. package)

### Protein:

Chicken Breasts (1 lb)  
Chuck Roast (2 1/2 lb)  
Ham (4 slices)  
Skinless Chicken Thighs (2 lbs)

### Bread & Grains:

Bread (8 slices)  
Dough for 2 pie crusts (2 - 9 inch)  
Flour Tortillas (22)  
Basmati Rice (for serving)

### Canned Goods:

Black Beans (15 oz. can)  
Unsweetened Coconut Milk (1 cup)  
Diced Tomatoes (1 - 15 oz. can)  
Low-Sodium Beef Broth (2 cups)  
Tomato Sauce (2 - 8 oz. cans)

### Seasonings:

Cayenne Pepper  
Celery Seed  
Chili Powder  
Oregano  
Garam Masala  
Garlic Powder  
Cumin  
Onion Powder  
Salt & Pepper

**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!