



MONDAY



Spicy Chicken Soup
\$9.95

TUESDAY



**Healthy Chicken Salad
Lettuce Wraps**
\$8.62

WEDNESDAY



**Homemade Mac &
Cheese**
\$3.34

THURSDAY



Tostada
\$13.36

FRIDAY



**Slow Cooker French
Dip**
\$29.41

Estimated Total: \$64.68

Produce:

Onion (2)
Garlic Cloves (5)
Celery (2 ribs)
Red Onion (1)
Grapes - red or green (1/2 cups)
Apple (1)
Lemon Juice (1 tsp)
Boston Bib Lettuce (1 head or Romaine Hearts)
Lettuce (1/2 head)
Avocado (1 large)

Canned Goods:

Salsa (8 oz)
Diced Tomatoes (14.5 oz. can)
Corn (15 oz. can)
Chili Beans (16 oz. can)
Beef Broth (2 1/3 cup)
Refried Beans (1 can)

Protein:

Chicken Breasts (4)
Chuck Roast (3.5 lbs)
Ground Beef (1 lb)

Pantry:

Sugar (1 Tbsp)
Soy Sauce (2 Tbsp)
Flour (2 Tbsp)
Olive Oil
Chicken Bouillon Paste (3 tsp)
Dried Cranberries (1/2 cup)
Almonds (1/2 cup)
Mayonnaise (2 Tbsp)
French Onion Soup Mix (dry - 1 packet)
Coke (1 cup, not diet)

Refrigerated:

Sour Cream (3/4 cup)
Plain Greek Yogurt (1/3 cup)
Swiss Cheese (16 slices)
Butter (3 Tbsp)
Milk (1 1/2 cup)
Half & Half (3/4 cup)
Cheddar Cheese (1 1/2 cup)
Queso Fresco (for serving)
Mexican Crema or Sour Cream (for serving)
Salsa (for serving)
Toppings for Soup: Cilantro,
Shredded Cheese and Avocado.

Bread & Grains:

Tostada Shells (10)
Hoagie or Sub Rolls (8)
Elbow Macaroni (1/2 lb)

Seasonings:

Garlic Powder
Parsley
Onion Powder
Chili Powder
Cumin
Paprika
Cayenne Pepper
Oregano
Thyme
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!