



MONDAY



Crispy Ground Beef Tacos
\$11.15

TUESDAY



Corn Chowder
\$10.40

WEDNESDAY



Meatball Casserole
\$15.76

THURSDAY



Roasted Chicken
\$15.29

FRIDAY



One Pan Jambalaya
\$12.64

Estimated Total: \$65.24

Produce:

Baby Red Potatoes (1 1/2 lb.)
Bell Pepper (1 medium)
Carrots (3 large)
Celery (5 ribs)
Corn (4 cups)
Fresh Rosemary (2 Sprigs)
Garlic (2 cloves)
Green Onions (3)
Lemon (1)
Onion (1 + 1 small)
Potato (1 large)
Roma Tomatoes (1)
Romaine Lettuce (2 cups)
Yellow Onion (1)

Canned Goods:

Black Beans (1 - 15 oz. can)
Chipotle Peppers in Adobo Sauce (1 can)
Diced Tomatoes (14.5 oz can)
Low Sodium Chicken Broth (6 cups)
Marinara Sauce (24 oz.)
Mild Diced Green Chilies (4 oz. can)

Refrigerated:

Butter (8 Tbsp)
Half and Half (1 1/2 cups)
Milk (1 cup)
Shredded Cheddar Cheese (1 cup)
Shredded Mozzarella Cheese (2 cups)
Sour Cream (1/2 cup)

*Suggested Toppings (Beef Tacos):
Guacamole, Pico De Gallo, Cotija
Cheese, Jalapeno, Pickled Onion,
Olives*

Protein:

Andouille Sausage (1 lb)
Bacon (3 slices)
Boneless Skinless Chicken Breasts (1/2 lb)
Chicken (1 whole)
Lean Ground Beef (1 lb)
Meatballs

Bread & Grains:

Uncooked Ziti Pasta (16 oz. package)
Corn Tortillas (12)
Cornmeal (3 Tbsp)
Long-Grain White Rice (1 cup)

Pantry:

All Purpose Flour (2 Tbsp)
Corn Starch (1 tsp)
Sugar (1/2 tsp)
Oil (1 Tbsp)
Vegetable Oil

Optional (Meatball Casserole): Parmesan
cheese, fresh chopped herbs (basil, oregano,
parsley for garnish)

Seasonings:

Cajun Seasoning (1 tsp)
Cayenne Pepper (pinch)
Chili Powder (1 Tbsp)
Basil (1 tsp)
Oregano (1 1/4 tsp)
Garlic Powder (3/4 tsp)
Cumin (1 1/2 tsp)
Kosher Salt (1 tsp)
Onion Powder (3/4 tsp)
Paprika (1/2 tsp)
Salt & Pepper

**Tastes Better
from Scratch™**

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