



## MONDAY



**Pozole Verde**  
\$34.49

## TUESDAY



**Southwest Egg Roll**  
\$11.68

## WEDNESDAY



**Mongolian Beef**  
\$13.00

## THURSDAY



**Pizza Casserole**  
\$16.94

## FRIDAY



**Chicken Divan**  
\$10.82

Estimated Total: \$86.93

### Produce:

Avocado (for serving pozole)  
Bell Pepper (1)  
Cabbage (for serving - pozole)  
Corn (1 cup)  
Broccoli Florets (2 cups)  
Cilantro (1 bunch + 1/2 cup)  
Ginger (1 tsp)  
Garlic (14 cloves)  
Green Bell Pepper (1/2)  
Green Onion (1 bunch)  
Jalapeno Pepper (1/2)  
Lemon Juice (2 tsp)  
Lime Wedge (for serving)  
Onion (2)  
Poblano Peppers (2)  
Radish (for serving)  
Serrano Peppers (2)  
Sliced Mushrooms (1 can)  
Tomatillos (1 lb)

### Bread & Grains:

Egg Roll Wrappers (20)  
Long-Grain White Rice (2 cups)  
Penne Pasta (4 cups)  
Hot Cooked Rice (for serving)  
Tortilla Chips (for serving)

### Refrigerated:

Cream Cheese (6 oz)  
Parmesan Cheese (1/2 cup)  
Shredded Cheddar or Mexican Blend Cheese (1/2 cup)  
Shredded Mozzarella Cheese (1 cup)  
Sour Cream (1/4 cup)

### Pantry:

Cornstarch (1/3 cup + 2 tsp)  
Light Brown Sugar (1/2 cup)  
Low-Sodium Soy Sauce (1/2 cup)  
Mayonnaise (1 cup)  
Favorite Salsa (1/3 cup)  
Oil (2 Tbsp + for frying)

### Protein:

Bone-in, Skin-on Chicken Thighs (6-8)  
Chicken Breast (1/2 lb)  
Chicken Tenders (7)  
Flank Steak (1 lb)  
Ground Beef (1 lb)  
Pepperoni (4 oz)  
Pork Sausage (1/2 lb)

### Canned Goods:

Black Beans (15 oz can)  
Chicken Broth (6 cups)  
Cream of Chicken Soup (2 cans)  
Hominy (30 oz. can)  
Marinara Pasta Sauce (24 oz. jar)  
Sliced Olives (1 small can)

### Seasonings:

Bay Leaves  
Chili Powder  
Cumin  
Curry Powder  
Dried Oregano  
Garlic Powder  
Cumin  
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!

# Meal Plan 105

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- French Toast
- Huevos Rancheros
- Healthy Breakfast Smoothie

### LUNCH IDEAS

- Classic Egg Salad Sandwich
- Spinach Avocado Pasta Salad
- Burrata Salad

### SNACK IDEAS

- Blueberry Muffins
- Homemade Chili Cheese Dip
- Garlic Parmesan Kale Chips

MONDAY

#### Pozole Verde



- This soup tastes great made 2-3 days ahead of time. Add toppings just before serving.
- If you want to freeze this soup, allow the soup to cool and store in a freezer-safe container up to 3 months. Thaw overnight in the fridge and rewarm on the stove or in the slow cooker.

TUESDAY

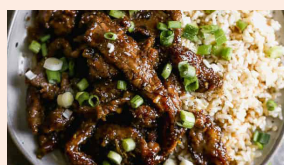
#### Southwest Egg Roll



- You can make the filling and sauce several days ahead of time and store in the fridge.
- You could also prepare the egg rolls completely, and allow them to cool completely. Then store them, covered, in the fridge. Re-heat them on a very hot skillet or on the stove, toasting them on all sides.

WEDNESDAY

#### Mongolian Beef



- Make the sauce by mixing all sauce ingredients and storing them in the refrigerator before using. You can also slice the meat ahead of time and store in the fridge until ready cook
- Store Mongolian beef (separately from the rice) in the refrigerator for 3-4 days.

THURSDAY

#### Pizza Casserole



- Assemble the pizza casserole up until baking and store covered in the refrigerator for several hours. Remove from oven and bake as directed.

FRIDAY

#### Chicken Divan



- Prepare recipe up to baking (Step 5). Cover and refrigerate until ready to bake.