



## MONDAY



**Chicken Pot Pie**  
\$10.84

## TUESDAY



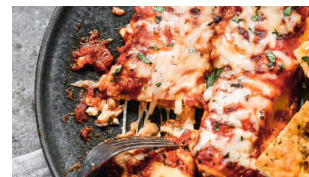
**Turkey Club Wrap**  
\$19.43

## WEDNESDAY



**Slow Cooker Creamy  
Ranch Pork Chops**  
\$12.53

## THURSDAY



**Manicotti**  
\$17.63

## FRIDAY



**Ham Fried Rice**  
\$4.79

Estimated Total: \$65.22

### Produce:

Avocado (1)  
Carrot (1/2 cup)  
Celery (1/2 cup)  
Basil Leaves (1/4 cup)  
Parsley (2 Tbsp)  
Green Onion (3)  
Onion (1/3 cup)  
Romaine Hearts (1)  
Tomato (1)

### Refrigerated:

Butter (1/3 cup)  
Cheddar Cheese (8 slices)  
Eggs (5 large)  
Parmesan Cheese (2 cups)  
Frozen Peas (1/2 cup)  
Frozen Vegetables (8 oz)  
Milk (2 cups + 1 Tbsp)  
Ricotta Cheese (3 cups)  
Shredded Mozzarella Cheese (8 oz)

### Seasonings:

Celery Seed  
Basil  
Dill  
Parsley  
Garlic Powder  
Kosher Salt  
Onion Powder  
Salt & Pepper

### Bread & Grains:

Cooked, Cold Leftover Rice (3 cup)  
Dough (2 - 9 inch)  
Flour Tortillas (4 - 10 inch)  
No-boil lasagna noodles (16)

### Protein:

Bacon (8 slices)  
Chicken Breasts (1 lb)  
Chopped Ham (3/4 cup)  
Pork Chops (4)  
Shredded Leftover Turkey or Rotisserie  
Chicken (2 heaping cups)

### Pantry:

Flour (1/3 cup)  
Chicken Bouillon Paste (1 tsp)  
Chicken Bouillon Cubes (2)  
Low-Sodium Soy Sauce (2 Tbsp)  
Mayonnaise (6 Tbsp)  
Mustard (2 Tbsp)  
Sesame Oil (4 Tbsp)  
Marinara Sauce (homemade or store bought)

### Canned Goods:

Cream of Chicken Soup (10.50 oz can)  
Cream of Mushroom Soup (10.50 oz can)  
Low-Sodium Chicken Broth (2 Tbsp)

**Tastes Better  
from Scratch™**

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# Meal Plan 106

## PREP INSTRUCTIONS

**Tastes Better  
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### BREAKFAST IDEAS

- Freezer Breakfast Sandwiches
- Pumpkin Pancakes
- Carrot Muffins

### LUNCH IDEAS

- Grilled Ham and Cheese
- Pizza Pasta Salad
- Veggie Wraps

### SNACK IDEAS

- Instant Pot Yogurt
- Easy Healthy Granola
- Cheesey Bean Dip

MONDAY

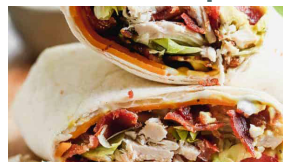
#### Chicken Pot Pie



- The filling for chicken pot pie can be made 1 day in advance; cover and chill in the refrigerator. Fill your crust and bake the next day, as directed. Leftover chicken pot pie will last in the fridge for up to 5 days, stored in an airtight container.

TUESDAY

#### Turkey Club Wrap



- Prepare the wraps as directed and wrap tightly in plastic wrap, to keep the tortilla soft and fresh. Store in the refrigerator in an airtight container or baggie for 3-5 days (depending on freshness of ingredients).

WEDNESDAY

#### Slow Cooker Creamy Ranch Pork Chops



- Mix everything together minus the pork chops; store in an airtight container until ready to use.

THURSDAY

#### Manicotti



- Make the recipe up until baking, then cover and refrigerate for 1-3 days ahead of time. Remove from fridge for 30 minutes before baking.

FRIDAY

#### Ham Fried Rice



- Use leftover, cooked rice that can be prepared and refrigerated several days ahead of time.