



MONDAY



Crispy Bean and Cheese Burrito
\$4.51

TUESDAY



Slow Cooker Creamy Ranch Pork Chops
\$12.53

WEDNESDAY



Lemon Chicken Pasta
\$16.69

THURSDAY



Fajita Bowls
\$15.84

FRIDAY



Korean Ground Beef Bowls
\$11.71

Estimated Total: \$61.28

Produce:

Lemon (1)
Lime (1)
Zucchini (2 small)
Yellow Squash (2 small)
Fresh Parsley (1/4 cup)
Red Onion (1)
Red Bell Pepper (1)
Green Bell Pepper (1)
Garlic (8 cloves)
Cilantro (1 cup)
Fresh Ginger (1 Tbsp)
Green Onion (1 bunch)
Cucumber (1 - for serving with Korean Bowls)

Canned Goods:

Refried Beans (16 oz can or homemade)
Cream of Mushroom Soup (10.5 oz can or homemade)
Cream of Chicken Soup (10.5 oz can or homemade)
Corn (1 cup - can sub for fresh or frozen)
Chicken Broth (5 cups or Bouillon Cubes)
Black Beans (14.5 oz can)
Chipotle Peppers in Adobo Sauce (1 tsp)

Refrigerated:

Shredded Mexican Cheese Blend or Cheddar Cheese (1/2 cup)
Shredded Parmesan Cheese (1 1/4 cup)
Milk (1 cup)
Butter (2 Tbsp)
Sour Cream or Greek Yogurt (3/4 cup)

Seasonings:

Chili Powder,
Garlic Powder
Cumin
Paprika
Cayenne Pepper
Dried Parsley
Dried Dill
Onion Powder
Dried Basil
Italian Seasoning
Salt & Pepper

Protein:

Pork Chops (4-5 bone in or boneless)
Chicken Breasts (5)
Ground Beef (1 lb)

Bread & Grains:

Flour Tortillas (6)
Farfalle Pasta - or your favorite bite size pasta (1 1/2 lb)
White Rice (1 1/2 cup)

Pantry:

Salsa (1 Tbsp + more for dipping)
Olive Oil (5 Tbsp)
Lime Juice (2 Tbsp)
Honey (1 Tbsp)
White Vinegar (1 1/2 tsp)
Sesame Oil (1 Tbsp)
Brown Sugar (2/3 cup)
Soy Sauce (1 cup)
Liquid Smoke (found by spices)
Sriracha or Crushed Red Pepper (2 tsp)
Brown Rice (for serving)

**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!