



MONDAY



Chicken Tortilla Soup
\$15.38

TUESDAY



Thai Basil Beef
\$13.45

WEDNESDAY



Cottage Pie
\$20.70

THURSDAY



Crispy Bean and Cheese Burrito
\$4.51

FRIDAY



Slow Cooker Pork Chops
\$12.53

Estimated Total: \$66.57

Produce:

Bell Pepper (1, 1/2 red)
Carrots (1)
Celery (2 ribs)
Cilantro (1/4 cup)
Ginger (1 Tbsp)
Lime Juice (1 Tbsp)
Rosemary (1 tsp)
Thyme (1 tsp)
Garlic (14 cloves)
Potatoes (2 1/2 lbs)
Shallots (2)
Yellow Onion (2)
Toppings (Chicken Tortilla Soup):
shredded cheese, sour cream, avocados,
tortilla chips, limes, cilantro

Protein:

Boneless Skinless Chicken Breasts (2)
Ground Sausage (1 lb)
Lean Ground Beef (2 lb)
Pork Chops (4)

Bread & Grains:

Cooked Jasmine Rice (Thai Basil Beef)
Flour Tortilla (6 medium)

Canned Goods:

Beef Broth (2 1/2 cups)
Black Beans (15 oz can)
Cream of Chicken Soup (10.5 oz can or
homemade)
Cream of Mushroom Soup (10.5 oz can or
homemade)
Diced Green Chilies (4 oz can)
Diced Tomatoes (14.5 oz can)
Low-Sodium Beef Broth (1/2 cup)
Low-Sodium Chicken Broth (5 cups)
Refried Beans (16 oz can)
Tomato Paste (2 Tbsp)

Pantry:

Asian Garlic Chili Paste (2 Tbsp)
Beef Bouillon (1 cube)
Brown Sugar (2 tsp)
Chicken Bouillon (2 cubes, crushed)
Cornstarch (1 tsp)
Fish Sauce (2 Tbsp)
Low-Sodium Soy Sauce (6 Tbsp)
Worcestershire Sauce (2 Tbsp)
Olive Oil (1 tsp)
Oyster Sauce (3 tsp)
Salsa (1 Tbsp)
Vegetable Oil (2 Tbsp)
Flour (1/4 cup)

Refrigerated:

Butter (4 Tbsp)
Shredded Parmesan Cheese (1/2 cup)
Frozen Corn (1 1/2 cups)
Frozen Peas (1/2 cup)
Milk (1 1/2 cups)
Shredded Cheddar Cheese (1/2 cup)
Shredded Mexican Cheese (1/2 cup)
Sour Cream (1/4 cup)

Seasonings:

Basil Leaves (1 cup)
Bay Leaves
Chili Powder
Cumin
Dried Basil
Dried Dill
Dried Oregano Leaves
Dried Parsley
Garlic Powder
Ground Cumin
Onion Powder
Paprika
Salt & Pepper

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from Scratch™**

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Meal Plan 115

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Gallo Pinto
- Banana Bundt Cake
- French Toast Roll Ups

LUNCH IDEAS

- Roasted Butternut Squash Salad
- Air Fryer Grilled Cheese
- Creamy Pesto Tortellini

SNACK IDEAS

- Peach Scones
- M&M Cookies
- Healthy Frozen Yogurt Recipe

MONDAY

Chicken Tortilla Soup



- Soup can be made ahead of time without tortilla strips on top. Store in an air tight container for 1-2 days.

TUESDAY

Thai Basil Beef



- Cut veggies and make sauce - set aside until ready to cook. Rice can be made ahead of time and put in an air-tight container; heat when ready to serve.

WEDNESDAY

Cottage Pie



- Cottage pie can be made up to 3 days in advance. For best results, store the mashed potatoes and filling separately in the fridge until ready to assemble the cottage pie. Before topping the pie with the mashed potatoes you may want to add a little more milk to them (and season them if needed) to soften them.

THURSDAY

Crispy Bean and Cheese Burrito



- Make the burritos through step 3 (stop before pan fry them). Keep them wrapped in plastic in the fridge for up to 2 days or freeze them in a zip lock bag. When ready to cook, let them thaw completely before pan frying!

FRIDAY

Slow Cooker Pork Chops



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