



MONDAY



Mini Meatloaf
\$11.55

TUESDAY



**White Garlic Chicken
Pizza**
\$10.63

WEDNESDAY



BBQ Chicken Wraps
\$11.69

THURSDAY



**Chicken Noodle
Casserole**
\$15.98

FRIDAY



Broccoli Cheese Soup
\$13.48

Estimated Total: \$63.33

Produce:

Broccoli (4 1/2 cups)
Diced Celery (1 cup)
Basil Leaves (2 Tbsp)
Chopped Parsley
Cilantro (1/4 cup)
Mushrooms (1/2 cup)
Spinach Leaves (1 cup)
Garlic (2 cloves)
Grated Carrot (1 cup)
Onion (3/4 cup)
Potatoes (2 small/medium)
Red Onion (1/4 cup)
Tomato (1)
Yellow Onion (1 medium)

Refrigerated:

Butter (1/2 cup + 7 Tbsp)
Cottage Cheese (24 oz)
Egg (2)
Grated Parmesan Cheese (1 1/4 cup)
Half & Half (2 cups)
Milk (1 1/4 cup)
Shredded Cheddar Cheese (5 cups)
Shredded Mozzarella Cheese (3 cups)
Whole Milk (1 1/2 cups)

Canned Goods:

Artichoke Hearts (1/2 cup)
Low Sodium Vegetable Broth (3 cups)
Low Sodium Chicken Broth (4 cups)

Pantry:

Active Dry Yeast (2 1/4 tsp)
All Purpose Flour (3 Tbsp + 3/4 cup)
Bread Flour (3 3/4 cup)
BBQ Sauce (1/2 cup + 1 Tbsp)
Dijon Mustard (2 tsp)
Granulated Sugar (2 tsp)
Ketchup (1/2 cup)
Light Brown Sugar (1/3 cup)
Mustard (1 Tbsp)
Oil (2 Tbsp)
Olive Oil (3 Tbsp)
White Vinegar (1 tsp)

Protein:

Cooked Chicken (6 cups)
Cooked Chicken Breast (1 large)
Lean Ground Beef (1 1/2 lb)

Bread & Grains:

Egg Noodles (12 oz)
Flour Tortillas (4 large)
Panko Bread Crumbs (2/3 cup)

Seasonings:

Chili Powder
Dried Basil
Garlic Powder
Ground Nutmeg
Salt & Pepper

**Tastes Better
from Scratch™**

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Meal Plan 116

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Vanilla Protein Shake
- Breakfast Potato Boat
- Whole Wheat Chocolate Chip Banana Bread
- Pancakes

LUNCH IDEAS

- Spinach Avocado Pasta Salad
- Cashew Chicken Wraps
- Meatloaf Sandwich

SNACK IDEAS

- Peach Scones
- Classic Cheeseball
- Power Muffins

MONDAY

Mini Meatloaf



- Mix meatloaf mixture, cover and store in fridge until ready to fill muffin tins and bake. Make sauce.

TUESDAY

White Garlic Chicken Pizza



- Cut vegetables & cook chicken - store in a container in the fridge until ready to make pizza. Can make dough ahead of time, wrap in plastic wrap and store in fridge until ready to bake your pizza.

WEDNESDAY

BBQ Chicken Wraps



- Cook chicken and chop veggies: store in an air tight container until you are ready to assemble the wraps.

THURSDAY

Chicken Noodle Casserole



- You can make this recipe up to 24 hours ahead of time. Undercook the noodles. Assemble, cover tightly with foil and refrigerate. Bake as directed, but you may need to add 10-15 minutes to the baking time.

FRIDAY

Broccoli Cheese Soup



- Soup can be made ahead of time and kept in the fridge for 3-4 days. Reheat in microwave or on stovetop.