



MONDAY



One Pan Skinny Chicken Alfredo
\$7.18

TUESDAY



Thai Green Curry Meatballs
\$11.18

WEDNESDAY



Cashew Chicken Wraps
\$8.83

THURSDAY



Sweet Potato and Black Bean Enchiladas
\$19.63

FRIDAY



One Pan Meatball Casserole
\$15.75

Estimated Total: \$62.58

Produce:

- Avocado (1)
- Bell Pepper (1)
- Carrot (2)
- Cilantro (1/4 cup)
- Ginger (1.5 tsp)
- Garlic (6 cloves)
- Green Onions (2)
- Limes (2)
- Onion (1/4 cup)
- Red Bell Pepper (1/2)
- Red Cabbage (3/4 cup)
- Snap Peas (2/3 cup)
- Sweet Potatoes (2 medium)

Canned Goods:

- Black Beans (15 oz can)
- Unsweetened Coconut Milk (17 oz)
- Beef Broth (2 cups)
- Tomato Sauce (1 1/2 cups)
- Chicken Broth (1 3/4 cups)

Protein:

- Chicken Breasts (1/2 lb)
- Cooked Chicken (1 lb)
- Ground Turkey (1 lb)
- Fully Cooked Meatballs

Refrigerated:

- Cheddar Cheese (2 cups)
- Egg (1)
- Skim Milk (1 3/4 cup)
- Parmesan (1 cup)
- Milk (1 1/2 cup)
- Shredded Mozzarella Cheese (2 cups)

Pantry:

- Flour (2 Tbsp)
- Sugar (1 tsp)
- Oil (3 Tbsp)
- Light Brown Sugar (2 tsp)
- Old-Fashioned Rolled Oats (1 cup)
- Olive Oil (4 Tbsp)
- Cashews (2/3 cup)
- Fish Sauce (2 tsp)
- Homemade Red Enchilada Sauce (ingredients in shopping list)
- Marinara (24 oz or homemade)
- Creamy Vinaigrette Dressing (1/3 cup)
- Thai Green Curry Paste (1 1/2 Tbsp)
- Optional: Parmesan Cheese, Fresh Herbs for garnish

Bread & Grains:

- Cooked Brown Rice (2 cups)
- Flour Tortillas (14 large)
- Steamed Jasmine Rice
- Farfalle Pasta (6 oz)
- Ziti Pasta (16 oz)

Seasonings:

- Basil
- Parsley
- Garlic Powder
- Chili Powder
- Cumin
- Oregano
- Onion Powder
- Salt & Pepper



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 10

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Breakfast Taquitos
- German Pancakes
- Crunchy French Toast

LUNCH IDEAS

- Thai Quinoa Salad
- Mixed Green Salad with Berries
- Meatball Subs

SNACK IDEAS

- Blistered Shishito Peppers
- Burrata Appetizer
- Healthy Pumpkin Muffins

MONDAY

One Pan Skinny Chicken Alfredo



- Pasta can be made ahead of time and stored in the fridge for 1-3 days before serving.

TUESDAY

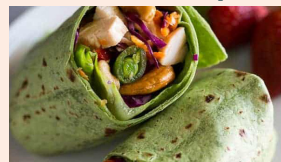
Thai Green Curry Meatballs



- Meatballs can be made ahead of time and stored in the fridge or freezer. Curry cause can be made ahead of time and stored in the fridge until ready to heat.

WEDNESDAY

Cashew Chicken Wraps



- The filling for the wraps can be made ahead of time and stored in the fridge.

THURSDAY

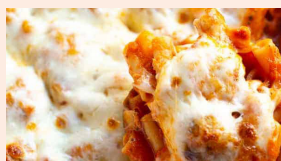
Vegetarian Enchiladas



- Make the enchilada filling and store it separately in the refrigerator up to 2 days ahead of time. Assemble enchiladas when ready to bake. You can also make the enchilada sauce several days in advance. Store in the fridge in an air-tight container

FRIDAY

One Pan Meatball Casserole



- This recipe can be assembled completely the night before, but I wouldn't do it any sooner than that or the noodles may have a mushy texture after baking.