



MONDAY



Wet Burrito
\$11.64

TUESDAY



Creamy Chicken & Asparagus Pasta
\$10.52

WEDNESDAY



Veggie Pizza
\$17.93

THURSDAY



Mini Meatloaf
\$11.54

FRIDAY



Arroz Chaufa
\$6.32

Estimated Total: \$57.95

Produce:

Baby Spinach or Arugula
Bell Pepper (1)
Cherry Tomatoes
Asparagus (1 bunch)
Garlic (2 cloves)
Garlic (1 1/2 Tbsp)
Ginger Root (1 Tbsp)
Green Onion (1 bunch)
Onion (1/2 cup)
Purple Onion (1)
Zucchini (1)

Protein:

Chicken Breasts (1 lb)
Cooked Shredded Beef, Chicken, Pork
or Steak (3 cups)
Cooked Chicken (1 cup)
Hot Dogs (2)
Ground Beef (1 1/2 lbs)

Canned Goods:

Black or Pinto Beans (1 can)
Chicken Broth (1/2 cup)
Pesto (1/2 cup)
Enchilada Sauce (2 cups)

Refrigerated:

Cream Cheese (4 oz)
Eggs (3)
Parmesan (3/4 cup)
Half & Half (1/4 cup)
Mozzarella Cheese (3 cups)

Pantry:

Ketchup (1/2 cup)
Brown Sugar (1/3 cup)
Mustard (1 Tbsp)
Olive Oil
Soy Sauce (2 Tbsp)
BBQ Sauce (1 Tbsp)
Dijon Mustard (2 tsp)
Mexican Rice (1 1/2 cups)
Sesame Oil (2 Tbsp)
Optional Fillings for Burrito
Optional Toppings for Burrito & Pizza

Bread & Grains:

Flour Tortilla (5 large)
Panko Bread Crumbs (2/3 cup)
Penne Pasta (12 oz)
Pizza Dough (1)
Cooked Rice (4 cups)

Seasonings:

Chili Powder
Crushed Red Pepper Flake
Basil
Oregano
Garlic Powder
Nutmeg
Onion Powder
Salt & Pepper

**Tastes Better
from Scratch™**

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Meal Plan 11

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Strawberry Crepes
- Overnight Breakfast Casserole
- Banana Bundt Cake

LUNCH IDEAS

- Honey BBQ Chicken Wraps
- Ham and Cheese Sliders
- Mushroom Bacon Swiss Salad

SNACK IDEAS

- Easy Healthy Granola
- Instant Pot Yogurt
- Bran Muffins

MONDAY

Wet Burrito



- The burritos can be filled, rolled tightly and stored in the fridge 2-5 days in advance, depending on the freshness of the ingredients used.

TUESDAY

Creamy Chicken & Asparagus Pasta



- Pasta can be made ahead of time and stored in an airtight container in the fridge for 1-3 days.

WEDNESDAY

Veggie Pizza



- Prepare the crust ahead of time and store it in the fridge or freezer. I also like to cut the veggies ahead to make this veggie pizza extra quick to throw together.

THURSDAY

Mini Meatloaf



- Combine meatloaf ingredients and then press into a muffin tin. Cover with plastic wrap, and refrigerate until ready to bake, or up to overnight.

FRIDAY

Arroz Chaufa



- Arroz can be made ahead of time and stored in an airtight container in the fridge for 1-3 days. Reheat when ready to serve.