



## MONDAY



**Chicken Parmesan**  
\$11.82

## TUESDAY



**Apple Pecan Salad**  
\$21.64

## WEDNESDAY



**Cheeseburger Pizza**  
\$14.82

## THURSDAY



**Toasted Ravioli**  
\$10.45

## FRIDAY



**Crispy Bean and Cheese Burrito**  
\$4.51

Estimated Total: \$63.24

### Produce:

Chopped Onion (1/3 cup)  
Fresh Basil Leaves  
Fuji Apples (1)  
Garlic (2 cloves)  
Lettuce (2 heads)

### Refrigerated:

Eggs (4)  
Grated Parmesan Cheese (3/4 cup)  
Milk (3 Tbsp)  
Refrigerated or Frozen Ravioli (20 oz)  
Shredded Mexican Cheese (1/2 cup)  
Shredded Mozzarella Cheese (6 cups)

### Protein:

Bacon (5 slices)  
Boneless Skinless Chicken Breasts (3)  
Cooked Chicken (1 lb)  
Lean Ground Beef (1 lb)

### Canned Goods:

Marinara Sauce (24 oz)  
Refried Beans (16 oz can)  
Marinara Sauce

### Pantry:

Active Dry Yeast (2 1/4 tsp)  
Balsamic Vinegar (1 Tbsp)  
Bread Flour (3 3/4 - 4 cups)  
Chopped Pecans (1/2 cup)  
Dijon Mustard (1 Tbsp)  
Italian Style Bread Crumbs (1 cups)  
Ketchup (2/3 cup)  
Mayonnaise (1 1/2 Tbsp)  
Mustard (1/3 cup)  
Oil (3 Tbsp)  
Olive Oil (1/2 cup + 3 Tbsp)  
Salsa (1 Tbsp)  
Sugar (2 tsp)  
Sliced Dill Pickle Coins (2/3 cup)  
Vegetable Oil (3 cups)  
White Vinegar (1 tsp)

### Bread & Grains:

Flour Tortillas (6 medium)  
Italian Bread Crumbs (1 cup)  
Panko Bread Crumbs (1 cup)

### Seasonings:

Chili Powder  
Garlic Powder  
Ground Cumin  
Salt & Pepper

**Tastes Better  
from Scratch™**

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# Meal Plan 120

## PREP INSTRUCTIONS

**Tastes Better  
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### BREAKFAST IDEAS

- Tomato & Basil Bruschetta
- Breakfast Potatoes
- Healthy Chocolate Muffins

### LUNCH IDEAS

- Southwest Quinoa Salad
- Brussels Sprout Salad
- Meatball Subs

### SNACK IDEAS

- Cucumber Onion Salad
- Vegetable Dip
- Citrus Fruit Salad

MONDAY

#### Chicken Parmesan



- Make the marinara sauce several days in advance. Butterfly and bread the chicken, and store covered in the fridge a few hours ahead of time.

TUESDAY

#### Apple Pecan Salad



- Store the main salad ingredients separately and toss them just before eating. After chopping the apples, add a splash of lemon juice to them to keep them from browning.
- If you have washed your lettuce you can place a paper towel at the bottom of the bag or bowl to help absorb the extra moisture in the salad. This will help your lettuce stay more fresh.

WEDNESDAY

#### Cheeseburger Pizza



- Completely make the pizza dough, including pre-baking it in the oven for 6 minutes. Top with cheeseburger pizza toppings, cover well with plastic wrap and refrigerate for several hours, until ready to bake your pizza.

THURSDAY

#### Toasted Ravioli



- Ravioli can be made ahead of time and reheated in an oven or air fryer when ready to eat.

FRIDAY

#### Crispy Bean & Cheese Burritos



- The refried bean mixture can be made beforehand and kept in an airtight container in the refrigerator. You could also assemble and roll the burritos and store them in the fridge until dinner, when you're ready to fry them. Leftovers also reheat wonderfully, reheated in a hot pan until the tortilla gets crispy again.