



Estimated Total: \$56.30

Produce:

Bell Pepper (1)
Celery (3 ribs)
Kale (3 cups)
Lime Juice (3 tsp)
Garlic (8 cloves)
Green Onion (3)
Onion (2)
Russet Potatoes (2 large)
Optional: Fresh Vegetables for Cajun Pasta

Refrigerated:

Butter (4 Tbsp)
Cheddar Cheese (8 oz)
Cream Cheese (4 oz)
Egg (6)
Grated Parmesan (3/4 cup)
Heavy Whipping Cream (1 1/2 cup)
Milk (1 cup)
Optional: Salsa, Sour Cream, Guacamole (toppings)

MONDAY



Easy Cajun Chicken Pasta
\$8.28

TUESDAY



Creamy Zuppa Toscana
\$21.58

WEDNESDAY



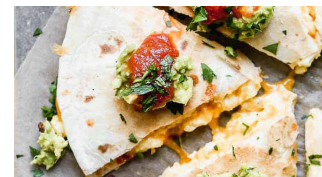
Slow Cooker Chicken Tacos
\$5.60

THURSDAY



One Pan Jambalaya
\$12.64

FRIDAY



Breakfast Quesadilla
\$8.20

Canned Goods:

Diced Tomatoes (14.5 oz)
Chicken Broth (7 cups)

Pantry:

All Purpose Flour (2 Tbsp)
Oil (1 Tbsp)
Sugar (1/2 tsp)
Italian Salad Dressing (1/3 cup)

Protein:

Andouille Sausage (1 lb)
Bacon (11 slices)
Chicken Breasts (2 1/2 lb)
Hot Ground Italian Sausage (1 lb)

Bread & Grains:

Farfalle Pasta (8 oz)
Flour Tortillas (8 large)
Long Grain White Rice (1 cup)

Seasonings:

Cajun Seasoning
Chili Powder
Crushed Red Pepper Flakes
Cumin
Basil
Garlic Powder
Onion Powder
Paprika
Salt & Pepper

**Tastes Better
from Scratch™**

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Meal Plan 2

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Sour Cream Coffee Cake
- Eggs Benedict
- Breakfast Casserole

LUNCH IDEAS

- Apple Pecan Salad
- Cuban Sandwich
- Cashew Chicken Wraps

SNACK IDEAS

- Instant Pot Apple Sauce
- Cranberry Orange Muffins
- Granola Bites

MONDAY

Easy Cajun Chicken Pasta



- Prepare steps 2-4 of the recipe (make the creamy sauce with cooked vegetables and chicken). Allow it to cool and store in the refrigerator. When ready to serve, cook noodles, reheat sauce and add pasta and cheese to sauce.

TUESDAY

Creamy Zuppa Toscana



- The entire soup can be made 1-3 days ahead of time, stored in the fridge.

WEDNESDAY

Slow Cooker Chicken Tacos



- The shredded chicken can be made up to 2 days in advance. Store in a sealed container in the refrigerator and heat before using.

THURSDAY

One Pan Jambalaya



- The entire jambalaya can be made 1-3 days ahead of time, stored in the fridge.

FRIDAY

Breakfast Quesadilla



- Cook the bacon, tortillas (if using uncooked tortillas) and shred the cheese ahead of time.