



Estimated Total: \$70.83

### Produce:

Baby Spinach Leaves (1 1/2 lb)  
Sweet Onion (1)  
Garlic (7 cloves)  
Fresh Basil Leaves (1/2 cup)  
Yellow Onion (1/2)  
Carrot (1)  
Cabbage (1/2 cup shredded, red, green or napa)  
Green Onion (2)  
Ginger (1/2 tsp)  
Cilantro (1/4 cup)  
Boston Bib Lettuce (1 head or Romaine)

### Refrigerated:

Butter (2 Tbsp)  
Milk (2 1/2 cup)  
Cheese Tortellini (20 oz)  
Heavy Whipping Cream (1/2 cup)  
Grated Parmesan (1/2 cup)  
Egg (1 large)  
Provolone Cheese (10 slices)

### Protein:

Chicken Breasts (1 1/2 lb)  
Ground Beef (1 lb)  
Pork Chops (4-6)

### MONDAY



**Meatball Subs**  
\$18.18

### TUESDAY



**Thai Chicken Lettuce Wraps**  
\$11.20

### WEDNESDAY



**Creamy Tomato Spinach Tortellini**  
\$9.18

### THURSDAY



**Slow Cooker Creamy Ranch Pork Chops**  
\$12.53

### FRIDAY



**Teriyaki Pasta Salad**  
\$19.74

### Canned Goods:

Water Chestnuts (1 small can)  
Mandarin Oranges (11 oz can)  
Petite Diced Tomatoes (15 oz can)  
Beef Broth (1/4 cup)  
Crushed Tomatoes (28 oz can)  
Cream of Mushroom Soup (1 can)  
Cream of Chicken Soup (1 can)

### Pantry:

Oil (1/2 cup vegetable or canola)  
Rice Wine Vinegar (1/2 cup)  
All Purpose Flour (1 cup)  
Olive Oil (2 tsp)  
Peanut Butter (1 Tbsp)  
Soy Sauce (2 tsp)  
Chicken Bouillon Cubes (2)  
Dry Roasted Peanuts (1/2 cup)  
Dried Cranberries (1/2 cup)  
Teriyaki Sauce (1/2 cup)  
Sweet Chili Sauce (1/3 cup)

### Bread & Grains:

Farfalle Pasta (16 oz)  
Saltine Crackers (1/2 cup, crushed)  
Hoagies or Sub Rolls (5)

### Seasonings:

Onion Powder  
Oregano  
Crushed Red Pepper Flakes  
Parsley  
Garlic Powder  
Basil  
Garlic Salt  
Dill  
Salt & Pepper

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# Meal Plan 3

## PREP INSTRUCTIONS

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### BREAKFAST IDEAS

- Huevos Ranchers
- Protein Pancakes
- Healthy Chocolate Muffins

### LUNCH IDEAS

- Pomegranate and Pear Salad
- Macaroni Salad
- Monte Cristo Sandwich

### SNACK IDEAS

- Snickerdoodle Muffins
- Garlic and Parmesan Kale Chips
- Potato Skins

MONDAY

#### Meatball Subs



- The homemade meatballs and the sauce can both be made in advance and kept in the fridge for 2 days, or as a freezer meal!

TUESDAY

#### Thai Chicken Lettuce Wraps



- Chop vegetables, store in an airtight container until ready to make. Mix the sauce and place in a container in the fridge.

WEDNESDAY

#### Creamy Tomato Spinach Tortellini



- Can be made 1-3 days ahead of time and stored in the fridge.

THURSDAY

#### Slow Cooker Ranch Pork Chops



- Make sauce, store in fridge until ready to cook.

FRIDAY

#### Teriyaki Pasta Salad



- Pasta can be made 1-3 days ahead and stored in the fridge.