



MONDAY



Sweet & Sour Chicken
\$12.85

TUESDAY



Italian Grilled Cheese
\$4.55

WEDNESDAY



**Cornbread Waffles
with Chili**
\$25.26

THURSDAY



Swedish Meatballs
\$13.96

FRIDAY



**Healthy Chicken Salad
Lettuce Wraps**
\$10.34

Estimated Total: \$66.96

Produce:

Bell Peppers (2 red and green)
Sweet Red Onion (2)
Basil Leaves (4 Tbsp)
Parsley Leaves (2 Tbsp)
Celery (2 stalks)
Grapes (1/2 cup red or green)
Apple (1)
Lemon Juice (1 tsp)
Boston Bib Lettuce (1 head)

Refrigerated:

Eggs (7 large)
Mozzarella Cheese (8 thin slices)
Cheddar Cheese (8 thin slices)
Butter (1 stick)
Milk (2 cups)
Sour Cream (3/4 cup)
Plain Greek Yogurt (1/3 cup)
Mayonnaise (2 Tbsp)
Optional Toppings: Cheese, Sour Cream,
Green Onions, Etc.

Pantry:

Cornstarch (1 1/4 cup)
Oil (1/2 cup)
Sugar (1 1/4 cup)
All Purpose Flour (2 cups)
Baking Powder (1 Tbsp)
Olive Oil (2 Tbsp)
Ketchup (1/2 cup)
Dried Cranberries (1/4 cup)
Almonds (1/4 cup)
Apple Cider Vinegar (1 cup)
Soy Sauce (2 Tbsp)
Your favorite Chili to serve with
cornbread waffles or homemade chili

Bread & Grains:

White Rice (Serving with Sweet &
Sour Chicken)
Crusty Artisan Bread (8 slices)
Yellow Cornmeal (1 1/4 cup)
Breadcrumbs (1/2 cup)
Egg Noodles or Rice (for Swedish
Meatballs)

Protein:

Chicken Breasts (3 lbs)
Ground Beef (1 lb)
Ground Pork (1 lb)

Canned Goods:

Pineapple Chunks (1 cup)
Marinara (1 cup or homemade)
Beef Broth (3 3/4 cup)

Seasonings:

Garlic Salt
Allspice
Nutmeg
Garlic Powder
Salt & Pepper

**Tastes Better
from Scratch™**

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Meal Plan 4

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Crepes
- Freezer Breakfast Sandwiches
- The BEST Apple Pancakes

LUNCH IDEAS

- Egg Salad Sandwich
- Buffalo Chicken Wrap
- Pizza Pasta Salad

SNACK IDEAS

- Carrot Muffins
- Easy Healthy Granola
- Banana Bread

MONDAY

Sweet and Sour Chicken



- Thaw and cut the chicken ahead of time and store it in a ziplock in the refrigerator until ready to add the cornstarch. Make the sauce 1-2 days ahead of time and store it in the fridge. You can also cut up the veggies ahead of time to make this a supper fast meal!

TUESDAY

Italian Grilled Cheese



- Slices both cheeses, set aside until ready to make.

WEDNESDAY

Cornbread Waffles with Chili



- Waffle batter can be made ahead of time and stored in the fridge for 1-2 days before heating. Make or buy your favorite chili.

THURSDAY

Swedish Meatballs



- The meatballs can be made ahead of time (cook them all the way through) and kept in the fridge or freezer until ready to use.

FRIDAY

Healthy Chicken Salad Lettuce Wraps



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