



Estimated Total: \$53.35

Produce:

Lemon Juice (4 Tbsp)
Scallion (1)
Large Green Salad (for 4)
Yellow Onion (1)
Garlic (3 cloves)
Spinach Leaves (2 cups)
Lime Juice (3 tsp)
Celery (3 ribs)
Fresh Basil

Refrigerated:

Light Mayonnaise (1 3/4 cup)
Half & Half (2/3 cup)
Shredded Mozzarella (1 cup)
Grated Parmesan (1/2 cup)
Ricotta Cheese (10 oz)
Eggs (3 large)
Butter (1 Tbsp)

Protein:

Chicken Tenders (4)
Boneless Pork Chops (4)
Ground Beef (1/2 lb)
Ground Italian Sausage (1/2 lb)
Chicken Breasts (2 lbs)

MONDAY



Chicken Casserole
\$6.96

TUESDAY



Slow Cooker Chicken Tacos
\$5.60

WEDNESDAY



Lasagna Soup
\$20.48

THURSDAY



Honey Mustard Chicken Salad
\$12.38

FRIDAY



Pork Chops with Creamy Mustard Sauce
\$7.93

Canned Goods:

Marinara Sauce (24 oz or homemade)
Chicken Broth (8 cups)
Tomato Paste (2 Tbsp)
Cream of Chicken Soup (10.5 oz can or homemade)

Pantry:

Italian Salad Dressing (1/3 cup or sub salsa)
Toppings for Tacos
Slivered Almonds (1/4 cup)
Honey (4 Tbsp)
Dijon Mustard (5 Tbsp)
Olive Oil

Bread & Grains:

Cornflakes (3 cups, crushed)
Lasagna Noodles (9)
Tortillas (for serving tacos)
Minute Rice (1 cup)

Seasonings:

Basil
Oregano
Chili Powder
Onion Powder
Garlic Powder
Paprika
Cumin
Onion Flake
Red Pepper Flakes
Parsley Flakes
Salt & Pepper

**Tastes Better
from Scratch™**

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Meal Plan 5

PREP INSTRUCTIONS

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BREAKFAST IDEAS

- French Toast Casserole
- Eggs Florentine
- Strawberry Banana Smoothie

LUNCH IDEAS

- Tuna Melt
- Creamy Summer Pasta Salad
- Turkey Club Wrap

SNACK IDEAS

- Cowboy Caviar
- Cucumber Onion Salad
- Protein Bars

MONDAY

Chicken Casserole



- Make the chicken/rice mixture, spread it in the pan, cover and refrigerate. When you're ready to bake it, sprinkle the buttered cornflakes on top and bake as directed.

TUESDAY

Slow Cooker Chicken Tacos



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

WEDNESDAY

Lasagna Soup



- Make the recipe up to step 4. Do not add the noodles to the pot. Store the soup in the refrigerator. When ready to serve, start at step 5, bringing the soup to a boil and cooking the noodles at that point. it back up on the stove. Serve with a dollop of cheese.

THURSDAY

Honey Mustard Chicken Salad



- The honey mustard dressing keeps for one week, stored in the refrigerator. The chicken can be prepared up until the baking step, 1 day in advance.

FRIDAY

Pork Chops with Mustard Sauce



- Can be made ahead of time, store cooked pork chops in a sealed container in the refrigerator for 2-3 days.