



MONDAY



General Tso's Chicken
\$13.44

TUESDAY



Biscuits and Gravy
\$7.88

WEDNESDAY



Tuna Melt
\$6.55

THURSDAY



Baked Ziti
\$7.51

FRIDAY



Chicken Tortilla Soup
\$15.38

Estimated Total: \$50.76

Produce:

Bell Pepper (1)
Cilantro (1/4 cup)
Lemon Juice (2 tsp)
Lime Juice (1 Tbsp)
Garlic (12 cloves)
Onion (1)
Red Onion (1/4 cup)

Canned Goods:

Black Beans (15 oz can)
Albacore White Tuna (12 oz)
Diced Tomatoes (29 oz can)
Chicken Broth (5 cups)
Diced Green Chilies (4 oz can)
Tomato Sauce (8 oz)

Bread & Grains:

Thick Cut White Sandwich Bread (4 slices)
Ziti Pasta (12 oz)

Seasonings:

Chili Powder
Red Pepper Flakes
Basil
Oregano
Cumin
Ginger
Paprika
Thyme
Rosemary
Salt & Pepper

Pantry:

All Purpose Flour (2 1/2 cup)
Cornstarch (1/2 cup + 1 1/2 tsp)
Brown Sugar (1/4 cup)
Soy Sauce (1/3 cup)
Vegetable Oil (1/2 cup)
Olive Oil (1 tsp)
Baking Powder (2 1/2 tsp)
Honey (3 Tbsp)
Hoisin Sauce (1/3 cup)
Rice Vinegar (1/3 cup)
Optional Topping: Tortilla Chips

Refrigerated:

Cheese- your favorite (4 slices)
Egg Whites (2 large)
Parmesan Cheese (1/2 cup)
Frozen Corn (1 cup)
Half & Half (3 cups)
Mayonnaise (1/3 cup)
Mozzarella Cheese (1 cup)
Butter (6 Tbsp)
Frozen Corn (1 cup)
Buttermilk (3/4 cup)
Optional Toppings: Cilantro, Sour Cream, Cheese, Lime, Avocado

Protein:

Chicken Breasts (2 1/2 lb)
Ground Italian Sausage (1/2 lb)
Pork Sausage (1 lb)

**Tastes Better
from Scratch™**

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Meal Plan 6

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Green Smoothie
- Lox Bagel
- Overnight Cinnamon Rolls

LUNCH IDEAS

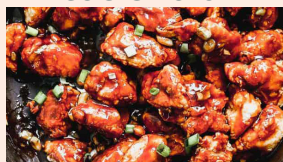
- BBQ Pulled Pork Sandwiches
- Cashew Chicken Lettuce Wraps
- Pink Sauce Pasta

SNACK IDEAS

- Energy Balls
- Easy Vegetable Dip
- Cheesy Bean Dip

MONDAY

General Tso's Chicken



- Prepare the sauce & breading, cut the chicken and store in fridge until ready to cook.

TUESDAY

Biscuits & Gravy



- You can make the gravy ahead of time and store it in a container in the fridge for 2-3 days, depending on the freshness of your ingredients.
- Rewarm on the stove, adding a splash of half and half or milk to thin it, if needed, and additional seasonings, to taste.

WEDNESDAY

Tuna Melt



- The tuna filling can be made ahead of time and kept in the fridge. This makes for an even quicker lunch!

THURSDAY

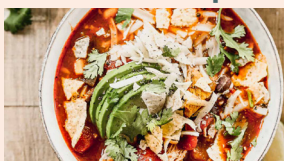
Baked Ziti



- The pasta can be made ahead of time, stored either in the fridge or in the freezer until ready to reheat.

FRIDAY

Chicken Tortilla Soup



- Soup can be made ahead of time and stored in an airtight container for 1-3 days. Reheat when ready to serve.