



Estimated Total: \$83.56

Produce:

Carrot (2)
Celery (3 ribs)
Basil (1/4 cup, chopped)
Asparagus Spears (1 bunch)
Sweet Potato (1 large)
Brussels Sprouts (1 1/2 cup)
Pomegranate (1)
Avocado (1)
Onion (1)

Refrigerated:

Butter (1/2 cup)
Parmesan (1 1/3 cup, grated)
Half & Half (1 1/2 cup)
Egg (1)
Provolone Cheese (10 slices)
Cream Cheese (4 oz)
Optional: (for Chili) Shredded Cheddar
Cheese, Sour Cream

Bread & Grains:

Saltine Crackers (1/2 cup, crushed)
Hoagies or Sub Rolls (5)
Penne Pasta (12 oz)

MONDAY



Harvest Bowl
\$18.92

TUESDAY



Classie Homemade Chili
\$21.49

WEDNESDAY



**Creamy Chicken and
Asparagus Pasta**
\$10.52

THURSDAY



Italian Meatball Sub
\$18.18

FRIDAY



**Creamy Tomato Basil
Soup**
\$14.45

Canned Goods:

Diced Tomatoes (2 - 14.5 oz can)
Tomato Paste (2 Tbsp)
Chicken Broth (4 1/2 cup)
Beef Broth (1/4 cup)
Crushed Tomatoes (28 oz)
Unsweetened Coconut Milk (1 1/2 cup)
Petite Diced Tomatoes (14.5 oz can)
Tomato Juice (4 cups)
Pinto Beans (2 - 15 oz cans)
Kidney Beans (16 oz can)

Pantry:

Pecans (1/2 cup)
Red Wine Vinegar (1/4 cup)
Olive Oil (8 Tbsp)
Flour (1 1/4 cup)
Sugar (1 tsp)
Light Brown Sugar (2 Tbsp)
White or Jasmine Rice (2 cups)
Honey (1/4 cup)
Prepared Mustard (1 Tbsp)
Cornstarch (1/2 tsp)

Protein:

Ground Beef (3 lbs)
Chicken Breast (1 lb)
Chicken Tenders (4)
Pork Sausage (1 lb)

Seasonings:

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

**Tastes Better
from Scratch™**

Want to swap out a recipe or add a side? Add this meal plan to your collection! **Register** for a free account or **login** to get started!

Meal Plan 7

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Healthy Breakfast Smoothie
- Monte Cristo Sandwich
- Peach Scones

LUNCH IDEAS

- Chick-fil-A Crispy Sandwich (copycat recipe)
- Broccoli Cheese Soup
- Cashew Chicken Lettuce Wraps

SNACK IDEAS

- Easy Homemade Salsa
- Beer Bread
- Energy Balls

MONDAY

Harvest Bowl



- Make sweet curry sauce, store in a container in the fridge. Rice can be made ahead of time and stored in an airtight container.

TUESDAY

Classic Homemade Chili



- Chili can be made ahead of time and stored in the fridge for 1-3 days or frozen. Reheat when ready to serve.

WEDNESDAY

Creamy Chicken & Asparagus Pasta



- Pasta can be made ahead of time and stored in the fridge for 1-3 days before serving. Reheat when ready to serve.

THURSDAY

Italian Meatball Sub



- The homemade meatballs and the sauce can both be made in advance and kept in the fridge for 2 days.

FRIDAY

Creamy Tomato Basil Soup



- Soup can be made ahead of time and stored in the fridge for up to a week or it can be frozen.