

MONDAY

Chicken Enchilada

Soup \$14.95 **TUESDAY**

WEDNESDAY

Chicken Pot Pie

\$10.84



Creamy Pesto

Tortellini Pasta Salad

\$17.35

FRIDAY



Pork Chops with Creamy Mustard Sauce \$7.93

Estimated Total: \$65.83

Produce:

Avocado (1) Bell Pepper (1) Carrot (2) Celery (4 ribs) Cherry Tomatoes (1 1/2 cup) Basil Leaves (6) Cilantro Garlic (8 cloves) Green Onion (3) Lemon Juice (2 tsp) Onion (2 1/2)

Pantry:

All Purpose Flour Basil Pesto (1/4 cup) Chicken Bouillon Paste (1 tsp) Caesar Salad Dressing (2/3 cup) Dijon Mustard (1 Tbsp) Olive Oil Sunflower Seeds (1/3 cup)

Bread & Grains:

Jumbo Pasta Shells (12 oz) Yellow Corn Tortillas (5 - 6 inch)

Canned Goods:

Black Beans (1 can) Black Olives (6 oz) Diced Tomatoes (29 oz can) Chicken Broth (6 1/2 cups) Tomato Paste (6 oz) Tomato Sauce (16 oz)

Refrigerated:

Butter (1/3 cup) Egg (1) Grated Parmesan (1 1/3 cup) Frozen Veggies (8 oz) Half & Half (2/3 cup) Heavy Whipping Cream (1/2 cup) Milk (1 cup) Ricotta (1 cup) Shredded Cheddar Cheese (topping) Shredded Mozzarella Cheese (2 cups) Sour Cream (topping) 3 Cheese Tortellini (20 oz) Unbaked Pie Crust (2 - 9 inch)

Lasagna Stuffed Shells

\$14.76

Diced Green Chilis (4 oz can)

Protein:

Boneless Pork Chops (1/4 cup) Chicken Breast (1 lb) Ground Beef (1/2 lb) Ground Sausage (1/2 lb) Chicken Thighs (4)

Seasonings:

Celery Seed Chili Powder Cumin Oregano Garlic Powder Coriander **Italian Seasoning** Paprika 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 9 PREP INSTRUCTIONS

Tastes Better from Scratch

BREAKFAST IDEAS

- Belgian Waffles
- French Toast Roll-Ups
- Strawberry Overnight Oats





Chicken

Pot Pie

Creamy Pesto

Tortellini Pasta Salad

WEDNESDAY

THURSDAY

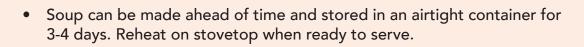
FRIDAY

LUNCH IDEAS

- Taco Soup
- Mexican Torta
- Burrata Salad

SNACK IDEAS

- Snickerdoodle Muffins
- Hummus
- Classic Cheeseball



- Assemble the entire dish, cover and store in the fridge until ready to bake.
- The filling for chicken pot pie can be made 1 day in advance; cover and chill in the refrigerator. Fill your crust and bake the next day, as directed. Leftover chicken pot pie will last in the fridge for up to 5 days, stored in an airtight container.
 - Pasta can be made ahead of time. Serve warm or cold. Store in the fridge. If it seems to dry after sitting in the fridge (the pasta can absorb a lot of moisture) you can add another spoonful of caesar dressing and/or pesto. Garnish with remaining parmesan and fresh chopped basil just before serving.
- Pork Chops with Mustard Sauce
- Pork chops can be made ahead of time and stored in a sealed container in the fridge for 2-3 days. Reheat when ready to serve.