



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)

MONDAY



**Chicken Enchilada
Soup**
\$14.95

TUESDAY



Lasagna Stuffed Shells
\$14.76

WEDNESDAY



Chicken Pot Pie
\$10.84

THURSDAY



**Creamy Pesto
Tortellini Pasta Salad**
\$17.35

FRIDAY



**Pork Chops with
Creamy Mustard
Sauce**
\$7.93

Canned Goods:

Black Beans (1 can)
Black Olives (6 oz)
Diced Green Chilis (4 oz can)
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)

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

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from Scratch™**

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Meal Plan 9

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

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

LUNCH IDEAS

- Taco Soup
- Mexican Torta
- Burrata Salad

SNACK IDEAS

- Snickerdoodle Muffins
- Hummus
- Classic Cheeseball

MONDAY

Chicken Enchilada Soup



- Soup can be made ahead of time and stored in an airtight container for 3-4 days. Reheat on stovetop when ready to serve.

TUESDAY

Lasagna Stuffed Shells



- Assemble the entire dish, cover and store in the fridge until ready to bake.

WEDNESDAY

Chicken Pot Pie



- 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.

THURSDAY

Creamy Pesto Tortellini Pasta Salad



- 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.

FRIDAY

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.