



MONDAY



Chicken & Rice Casserole
\$10.75

TUESDAY



Baked Tacos
\$16.26

WEDNESDAY



White Pizza
\$12.78

THURSDAY



Creamy White Chicken Chili
\$15.85

FRIDAY



Easy Beef Stroganoff
\$11.58

Estimated Total: \$67.22

Produce:

- Baby Arugula Greens (2 cups)
- Corn (1 cup)
- Parsley Leaves
- Garlic (6 cloves)
- Lemon Juice
- Lime (1/2 small)
- Onion (2 small)
- Roma Tomatoes (2)
- Romain Heart (1)
- White Button Mushrooms (8 oz)
- Yellow Onion (1 small)

Refrigerated:

- Ball Fresh Mozzarella (8 oz)
- Grated Parmesan Cheese (1/3 cup)
- Milk (2 cups)
- Ricotta Cheese (1/3 cup)
- Shredded Cheddar Cheese (3 cups)
- Sour Cream (1 1/3 cup)
- Salsa & Sour Cream (for serving)

Protein:

- Boneless Skinless Chicken Breasts (3 thick)
- Cooked Chicken (2 heaping cups)
- Lean Ground Beef (2 lbs)

Canned Goods:

- Great Northern Beans (2-15 oz cans)
- Cream of Chicken Soup or Cream of Mushroom Soup (2 cans)
- Cream of Mushroom Soup (10.5 oz can)
- Diced Green Chilies (2-4 oz can)
- Low-Sodium Beef Broth (1 1/2 cups)
- Low-Sodium Chicken Broth (2 1/2 cups)
- Pinto Beans (16 oz can)
- Tomato Sauce (8 oz)

Bread & Grains:

- Long-Grain White Rice (1 1/2 cups)
- Cooked Egg Noodles or Rice for Serving
- Dough for 1 large pizza
- Taco Shells (20 hard)

Pantry:

- Onion Soup Mix (homemade or store bought)
- Olive Oil (3 Tbsp)

Seasonings:

- Cayenne Pepper
- Chili Powder
- Cumin
- Dried Oregano
- Garlic Powder
- Thyme
- Paprika
- Dried Onion Flakes
- Beef Bouillon
- Onion Powder
- Parsley Flakes
- Celery Seed
- Salt & Pepper



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 27

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Strawberry Banana Smoothie
- Shrimp and Grits
- Breakfast Potatoes

LUNCH IDEAS

- Egg Salad Sandwich
- Shredded Chicken Taco Salad
- Honey BBQ Chicken Wraps

SNACK IDEAS

- Power Muffins
- Vegetable Dip
- Hummus

MONDAY

Chicken & Rice Casserole



- This is a great make-ahead recipe. Prepare the dish but do not bake. Cover it well and store in the refrigerator for 1-2 days before baking.

TUESDAY

Baked Tacos



- The taco meat filling can be made 2-3 days in advance (depending on the freshness of your ingredients), stored in the fridge. When ready to use, fill tacos and bake as instructed. Assembled tacos, in the shells, will keep for a few hours stored in covered in the refrigerator (the taco shells will start to soften too much if assembled for longer than a few hours before baking).

WEDNESDAY

White Pizza



- If you are looking to save time, pre-bake the dough ahead of time, allow it to cool completely, and store it covered, in the refrigerator for 1-2 days until ready to add toppings and bake. The entire pizza can also be assembled 1-2 days ahead of time.

THURSDAY

Creamy White Chicken Chili



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

FRIDAY

Easy Beef Stroganoff



- To make ahead, make the sauce up until the last step of adding the sour cream. Store in the refrigerator for 1-3 days, (depending on the freshness of your ingredients). Reheat on the stovetop over medium-low heat, and stir in the sour cream.