



MONDAY



One-Pan Skinny Chicken Alfredo
\$7.18

TUESDAY



Pasta Primavera
\$2.98 (price without assorted vegetables)

WEDNESDAY



Crispy Southwest Wrap
\$14.18

THURSDAY



Biscuits and Gravy
\$7.88

FRIDAY



Baked Chicken Meatballs
\$8.18

Estimated Total: \$40.40

Produce:

Corn (1 cup)
Basil Leaves
Parsley (1/4 cup)
Garlic (3 cloves)
Green Onion (1)
Red Bell Pepper (1/2)
Assortment of your favorite fresh vegetables

Protein:

Boneless Skinless Chicken Breasts (1/2 lb)
Ground Beef (1 lb)
Ground Chicken (1 lb)
Pork Sausage (1 lb)

Canned Goods:

Black Beans (15 oz can)
Low-Sodium Chicken Broth (2 1/2 cups)

Pantry:

All-Purpose Flour (4 Tbsp + 1 tsp)
Olive Oil (3 Tbsp)

Refrigerated:

Butter (2 Tbsp)
Egg (1)
Fat-Free Milk (1 3/4 cup)
Buttermilk Biscuits (8)
Grated Parmesan Cheese (2 cups)
Cheddar Cheese (1 1/2 cups)
Half & Half (2 1/2 cups)
Heavy Whipping Cream (1/2 cup)
Sour Cream (1/2 cup)

Bread & Grains:

Breadcrumbs (1/2 cups)
Cooked Rice (1 cup)
Flour Tortillas (6 large)
Penne Pasta (1 lb)
Uncooked Farfalle Pasta (6 oz)

Seasonings:

Chili Powder
Crushed Red Pepper Flakes
Cumin
Dried Basil
Dried Crushed Rosemary
Dried Oregano
Dried Parsley Flakes
Dried Thyme
Garlic Powder
Onion Powder
Salt & Pepper

**Tastes Better
from Scratch™**

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Meal Plan 33

PREP INSTRUCTIONS

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BREAKFAST IDEAS

- Breakfast Quesadilla
- Crunchy French Toast
- Green Smoothie

LUNCH IDEAS

- Waldorf Salad
- Lobster Roll
- Cashew Chicken Lettuce Wraps

SNACK IDEAS

- Potato Skins
- Banana Bread
- Banana Oat Muffins

MONDAY

One-Pan Skinny Chicken Alfredo



- Pasta can be made ahead of time and stored in an air-tight container for up to 3 days.

TUESDAY

Pasta Primavera



- Pasta can be made ahead of time and stored in an air-tight container for up to 3 days.

WEDNESDAY

Crispy Southwest Wrap



- You can make the filling in advance, just store it in an airtight container in the fridge. Assemble and pan-fry when ready to serve! Or, the entire wraps could be assembled a few hours ahead of time, and pan-fried when ready to eat.

THURSDAY

Biscuits and 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.

FRIDAY

Baked Chicken Meatballs



- The meatball mixture can be made 1-3 days in advance (depending on the freshness of your ingredients), stored in the fridge.