

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)

MONDAY

One-Pan Skinny Chicken Alfredo \$7.18



TUESDAY

Pasta Primavera \$2.98 (price without assorted vegetables)



Crispy Southwest Wrap \$14.18



Biscuits and Gravy

\$7.88

Baked Chicken Meatballs \$8.18

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:

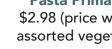
Chili Powder **Crushed Red Pepper Flakes** Cumin **Dried Basil Dried Crushed Rosemary Dried Oregano Dried Parsley Flakes Dried Thyme** Garlic Powder **Onion Powder** Salt & Pepper



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!

THURSDAY





WEDNESDAY

Meal Plan 33 PREP INSTRUCTIONS

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









THURSDAY

FRIDAY



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

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

Tastes Better from Scratch