

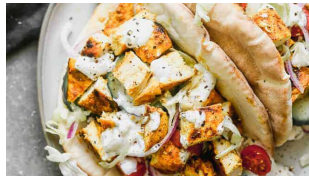


MONDAY



Slow Cooker Cajun Chicken & Sausage
\$13.43

TUESDAY



Chicken Gyros
\$21.22

WEDNESDAY



Cornbread Waffles and Chili
\$25.26

THURSDAY



Thai Chicken Lettuce Wraps
\$11.20

FRIDAY



Pizza Stuffed Shells
\$14.64

Estimated Total: \$85.75

Produce:

- Onion (2)
- Green Onion (7)
- Red Onion (for gyros)
- Sweet Onion (1/2)
- Carrot (1)
- Cabbage (1/2 cup)
- Green Bell Pepper (1)
- Bell Pepper (1/2 any color)
- Iceberg Lettuce (for gyros)
- Boston Bib
- Cucumber (for gyros)
- Celery (2-3 ribs)
- Fresh Parsley (1/4 cup, chopped)
- Garlic (11 cloves)
- Cilantro (one bunch)
- Lemon Juice (3 Tbsp)

Refrigerated:

- Milk (2 cups)
- Eggs (2)
- Shredded Cheese (for chili topping)
- Sour Cream (topping)
- Greek Yogurt (1 cup, plain)
- Parmesan (1/2 cup, grated)
- Mozzarella (1 heaping cup)

Canned Goods:

- Chicken Broth (1 1/2 cups)
- Diced Tomatoes (14 oz can)
- Tomato Paste (3 Tbsp)
- Tomato Sauce (1/2 cup)
- Sliced Olives (1 small can)
- Marinara (24 oz jar)

Pantry:

- Crunchy Peanut Butter (1 Tbsp)
- Soy Sauce (2 tsp)
- Sweet Chili Sauce (1/2 cup)
- Your Favorite Chili with Beans (4 cups or homemade)
- Flour
- Yellow Cornmeal (1 1/4 cups)
- Baking Powder
- Sugar
- Vegetable Oil
- Olive Oil

Bread & Grains:

- Brown Rice (2 1/2 cups)
- Pita or Flatbread (6)
- Jumbo Pasta Shells (1 box)

Protein:

- Smoked Andouille Sausage (12 oz)
- Chicken Breasts (7 breasts)
- Ground Beef (1/2 lb)
- Pork Sausage (1/2 lb)
- Pepperoni (4 oz)

Seasonings:

- Paprika
- Cajun Seasoning
- Cumin
- Oregano
- Turmeric
- Coriander
- Onion Powder
- Cinnamon
- Crushed Red Pepper Flakes
- 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 34

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Blueberry Muffins
- Spinach and Bacon Quiche
- Healthy Breakfast Smoothie

LUNCH IDEAS

- Honey Mustard Chicken Salad
- Italian Grilled Cheese Sandwich
- Lettuce Wraps

SNACK IDEAS

- 7-Layer Bean Dip
- Bacon Wrapped Dates
- Buffalo Chicken Dip

MONDAY

Cajun Chicken and Sausage



- This meal can be made ahead of time and stored in the fridge for 1-3 days. Reheat when ready to serve.

TUESDAY

Chicken Gyros



- The marinade for the chicken and tzatziki sauce can be made 2-3 days in advance. For quick prep, chop the veggies hours before serving.

WEDNESDAY

Cornbread Waffles and Chili



- Make your homemade chili and store in the fridge until ready to serve.

THURSDAY

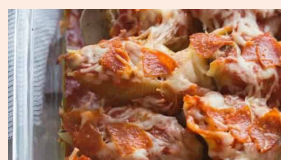
Thai Chicken Lettuce Wraps



- Filling can be made ahead of time and stored in the fridge until ready to serve. Reheat when ready.

FRIDAY

Pizza Stuffed Shells



- This recipe makes for an excellent freezer meal. Assemble the dish following the recipe directions but don't bake them! Consider using a disposable container or aluminum pan. Once the meal is assembled, cover it with a layer of plastic wrap and then a double layer of aluminum foil.