



MONDAY



Southwest Egg Rolls
\$11.68

TUESDAY



Thai Chicken Lettuce Wraps
\$11.20

WEDNESDAY



Taco Soup
\$12.08

THURSDAY



Chicken Noodle Casserole
\$15.98

FRIDAY



Slow Cooker Pot Roast
\$29.81

Estimated Total: \$80.75

Produce:

- Cilantro (1 bunch + 1/4 cup chopped)
- Garlic (8 cloves)
- Yellow Onion (1/2)
- Carrot (1)
- Cabbage (1/2 cup shredded- any type)
- Green Onions (3)
- Ginger (1/2 tsp)
- Romaine Heart (1)
- Bell Pepper (1 any color)

Canned Goods:

- Black Beans (15 oz can)
- Corn (2 - 15 oz cans)
- Crushed Tomatoes (28 oz can)
- Diced Green Chiles (4 oz can)
- Kidney Beans (15 oz can)
- Black Beans (15 oz can)
- Beef Broth (2 cups)
- Chicken Broth (4 cups)
- Cream of Anything Soup (2 cans or homemade)

Bread & Grains:

- Egg Noodles (12 oz or homemade)

Seasonings:

- Garlic Powder
- Chili Powder
- Cumin
- Oregano
- Paprika
- Dried Basil
- Onion Powder
- Crushed Red Pepper
- Salt & Pepper

Refrigerated:

- Shredded Cheddar Cheese (1/2 cup)
- Mozzarella Cheese (2 cups, grated)
- Parmesan Cheese (3/4 cup, grated)
- Cream Cheese (6 oz)
- Sour Cream (1/4 cup)
- Butter (1/2 cup)
- Cottage Cheese (24 oz)
- Topping for Taco Soup

Pantry:

- Oil (for frying)
- Olive Oil
- Vegetable Oil
- Peanut Butter (1 Tbsp)
- Flour (1/2 cup)
- Egg Roll Wrappers (20)
- Your Favorite Salsa (1/3 cup)
- Sweet Chili Sauce (1/3 cup)
- Soy Sauce (2 tsp)
- Tortilla Chips or Fritos (taco soup)
- Dried Onion Soup Mix (1 envelope or homemade)

Protein:

- Chicken Breasts (6)
- Lean Ground Beef (1 lb)
- Chuck Roast (4-5 lbs)



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 36

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Homemade Scones
- The BEST Apple Pancakes
- Green Smoothie

LUNCH IDEAS

- Southwest Quinoa Salad
- Veggie Wrap
- Cuban Sandwich

SNACK IDEAS

- Easy Homemade Salsa
- Protein Bars
- Energy Balls

MONDAY

Southwest Egg Rolls



- You can make the filling and sauce several days ahead of time and store in the fridge.
- You could also prepare the egg rolls completely, and allow them to cool completely. Then store them, covered, in the fridge. Re-heat them on a very hot skillet or on the stove, toasting them on all sides.

TUESDAY

Thai Chicken Lettuce Wraps



- Filling can be made ahead of time and stored in a fridge for 1-3 days before reheating.

WEDNESDAY

Taco Soup



- Taco soup can be made ahead of time and stored in the refrigerator for 3-4 days after making. Reheat in the microwave or on the stovetop.

THURSDAY

Chicken Noodle Casserole



- You can make this recipe up to 24 hours ahead of time. Undercook the noodles. Assemble, cover tightly with foil and refrigerate. Bake as directed, but you may need to add 10-15 minutes to the baking time.

FRIDAY

Slow Cooker Pot Roast



- This recipe can be assembled (but not cooked) 1-2 days in advance (depending on freshness of meat). Place everything in the pot, cover and refrigerate until ready to cook.