



MONDAY



Slow Cooker Creamy Ranch Pork Chops
\$12.53

TUESDAY



Chicken Casserole
\$6.96

WEDNESDAY



Sloppy Joes
\$9.35

THURSDAY



Creamy Chicken & Asparagus Pasta
\$10.52

FRIDAY



Cheese Enchiladas
\$9.38

Estimated Total: \$48.74

Produce:

- Asparagus (1 bunch)
- Celery (1 cup, diced)
- Cabbage (1 cup, shredded)
- Roma Tomato (1)
- Yellow Onion (1)
- Garlic (5 cloves)

Refrigerated:

- Milk (1 cup)
- Mayonnaise (3/4 cup)
- Eggs (3)
- Butter (1 Tbsp)
- Half & Half (1/4 cup)
- Cream Cheese (4 oz)
- Shredded Parmesan Cheese (1/3 cup)
- Shredded Cheddar Cheese (5-6 cups)
- Cotija Cheese (1/4 cup, crumbled)
- Sour Cream (optional for enchilada topping)

Bread & Grains:

- Minute Rice (1 cup, uncooked)
- Hamburger Buns (5)
- Penne Pasta (12 oz or other bite size pasta)
- White Corn Tortillas (12-14)

Canned Goods:

- Cream of Mushroom Soup (10.5 oz can or homemade)
- Cream of Chicken Soup (2 - 10.5 oz cans or homemade)
- Tomato Sauce (8 oz)
- Chicken Broth (1/2 cup or extra bouillon cube)
- Red Enchilada Sauce (20 oz)

Pantry:

- Ketchup (1/3 cup)
- BBQ Sauce (1/4 cup)
- Worcestershire Sauce (2 Tbsp)
- Yellow Mustard (1 tsp)
- Olive Oil (1 Tbsp)
- Chicken Bouillon Cubes (2)
- Slivered Almonds (1/4 cup)
- Lemon Juice (1 Tbsp)
- Cornflakes (1 cup)

Protein:

- Pork Chops (4-6 bone in or boneless)
- Chicken (4 breasts)
- Ground Beef (1 lb)

Seasonings:

- Parsley
- Oregano
- Red Pepper Flakes
- Dried Dill
- Garlic Powder
- Onion Powder
- Dried Basil
- 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 38

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Eggs Florentine
- Whole Wheat Pancakes
- Healthy Pumpkin Muffins

LUNCH IDEAS

- Pomegranate and Pear Salad
- French Dip
- Instant Pot Cajun Pasta

SNACK IDEAS

- Snickerdoodle Muffins
- Healthy Granola
- Instant Pot Yogurt

MONDAY

Creamy Ranch Pork Chops



- Pork chops can be made ahead of time and stored in a fridge for 1-2 days after cooking.

TUESDAY

Chicken Casserole



- Make the chicken/rice mixture, spread it in the pan, cover and refrigerate. When you're ready to bake it, sprinkle the buttered cornflakes on top and bake as directed.

WEDNESDAY

Sloppy Joes



- The sloppy joe meat filling can be made up to 2 days ahead of time, depending on the freshness of the beef. Store in the refrigerator and reheat and serve on toasted buns when ready to eat.

THURSDAY

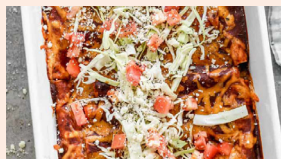
Chicken and Asparagus Pasta



- Pasta can be made ahead of time and stored in an airtight container until ready to be reheated.

FRIDAY

Cheese Enchiladas



- Cheese enchiladas can be prepared several days in advance, if desired. For best results, place enchiladas in baking dish, and store in the fridge, separately from the sauce. Alternately, assemble the entire dish, with sauce on top, a few hours in advance.