



MONDAY



Creamy Tomato & Spinach Tortellini

\$7.65

TUESDAY



Crispy BBQ Chicken Wraps

\$9.74

WEDNESDAY



Cajun Chicken & Steak Kebabs

\$12.00

THURSDAY



Grilled Fish Tacos

\$7.81

FRIDAY



Slow Cooker Lasagna

\$13.00

Estimated Total: \$50.20

Produce:

Garlic (4 cloves)
Spinach (1 1/2 cups)
Basil (1/4 cups, chopped)
Cilantro (1/4 cup)
Red Onion (1 onion + 1/4 cup, chopped)
Large Onion (1)
Bell Pepper (3 of any color)
Zucchini (1)
Lime (2 small)

Refrigerated:

Butter (2 Tbsp)
Milk (1 1/2 cups)
Heavy Cream (1/2 cup)
Shredded Parmesan Cheese (1 cup)
Shredded Cheddar Cheese (2 cups)
Sour Cream (1/2 cup)
Mayo (1/3 cup)
Shredded Mozzarella Cheese (4 cups)
Cottage Cheese (1 1/2 cups)
Cheese Tortellini (20 oz)
Toppings for Tacos: Pico de gallo, cotija cheese, shredded cabbage, cilantro, avocado, lime wedges, etc

Canned Goods:

Tomato Paste (6 oz)
Tomato Sauce (29 oz)
Petite Diced Tomatoes (15 oz)

Pantry:

Flour (3 Tbsp)
Canola Oil (4 Tbsp)
Olive Oil (2 tsp)
Worcestershire Sauce (2 Tbsp)
Sugar (2 Tbsp)
BBQ Sauce (1/2 cup or homemade)
Siracha Hot Sauce (1 tsp)

Protein:

Shredded Chicken (2 cups, cooked)
Andouille Sausage (12 oz)
Chicken Breasts (2)
Lean White Fish (Tilapia, Halibut, Mahi Mahi, Etc - 1 lb)
Ground Beef (1/2 lb)
Italian Sausage (1/2 lb)

Bread & Grains:

Flour Tortillas (4-5 large)
White Corn Tortillas (8)
Lasagna Noodles (8 oz)

Seasonings:

Onion Powder
Garlic Powder
Paprika
Chili Powder
Cumin
Thyme
Cayenne Pepper
Oregano
Red Pepper Flakes
Italian Seasoning
Parsley
Salt & Pepper

**Tastes Better
from Scratch™**

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 41

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Egg Salad Sandwich
- Belgian Waffles
- Freezer Breakfast Sandwiches

LUNCH IDEAS

- Italian Grilled Cheese Sandwich
- Tomato Basil Soup
- Tuna Pasta Salad

SNACK IDEAS

- Blistered Shishito Peppers
- Spicy Tuna Rolls
- Lemon Raspberry Muffins

MONDAY

Creamy Tomato and Spinach Tortellini



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

TUESDAY

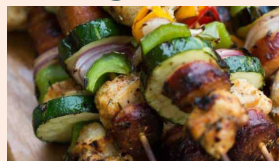
Crispy BBQ Chicken Wraps



- Mix the cooked chicken and the bbq sauce and store in the fridge in an airtight container until ready to serve.

WEDNESDAY

Cajun Chicken & Sausage Kabobs



- Cut the vegetables and the chicken, put in an airtight container for up to 3 days before grilling.

THURSDAY

Grilled Fish Tacos



- Marinade the fish for 20-30 minutes before getting ready to cook.

FRIDAY

Slow Cooker Lasagna



- Brown the ground beef, italian sausage and the onion - store in an airtight container until ready to put in the slow cooker.