



MONDAY



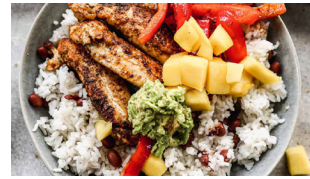
Healthy Chicken Pasta Salad
\$13.86

TUESDAY



Slow Cooker Ribs
\$20.35

WEDNESDAY



Caribbean Jerk Chicken Bowls
\$7.24

THURSDAY



Baked Tacos
\$13.55

FRIDAY



Gourmet Baked Mac & Cheese with Bacon
\$6.96

Estimated Total: \$61.96

Produce:

- Baby Spinach (4 oz)
- Green Onions (2)
- Orange (1)
- Lemon (1)
- Red Bell Pepper (1)
- Avocado (2)
- Mango (1)
- Fresh Pineapple (1/2 cup)
- Lime Juice (1 tsp)
- Onion (1 small)
- Garlic Cloves (3)
- Romaine Heart (1)
- Roma Tomatoes (2)

Pantry:

- Olive Oil (4 Tbsp)
- Honey (5 Tbsp)
- BBQ Sauce (32 oz or homemade)
- Ketchup (2 tsp)
- Dijon Mustard (5 tsp)
- Sugar (1 tsp)
- Flour (2 Tbsp)
- Cornstarch (1 1/2 tsp)
- Chicken Bouillon (1 1/2 tsp)
- Brown Sugar
- Craisins (1/2 cup)
- Slivered Almonds (1/3 cup)

Canned Goods:

- Mandarin Oranges (11 oz)
- Red Beans (1 can)
- Pinto Beans (16 oz can)
- Chipotle Pepper in Adobo Sauce (1 small can or 1 pepper + 1 tsp sauce)
- Tomato Sauce (8 oz can)

Bread & Grains:

- Farfalle Pasta (8 oz)
- White Rice (5-6 cups)
- Elbow Macaroni (1/2 lb)
- Panko Bread Crumbs (1/2 cup)
- Hard Taco Shells (20)
- Mexican Rice (side for tacos)
- Mashed Potatoes (sides for ribs)

Protein:

- Cooked Chicken (2 cups)
- Chicken Breasts (2)
- Pork Ribs (3-4 lbs - I love baby back)
- Ground Beef (1 lb)
- Hickory Smoked Bacon (6 slices)

Refrigerated:

- Parmesa Cheese (1 cup, grated)
- Shredded Cheddar Cheese (1 1/2 cups)
- Sharp Cheddar Cheese (2 cups)
- Greek Yogurt or Mayonnaise (2 Tbsp)
- Butter (2 Tbsp)
- Milk (1 1/2 cups)
- Half & Half (3/4 cup)
- Salsa or Sour Cream (optional toppings)

Seasonings:

- Jamaican Jerk Seasoning (1/4 cup)
- Sea Salt
- Garlic Powder
- Onion Powder
- Chili Powder
- Cumin
- Ground Coriander
- Cumin
- Parsley
- 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 42

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Tomato and Basil Bruschetta
- Blueberry Muffins
- Huevos Rancheros

LUNCH IDEAS

- Broccoli Apple Salad
- Ham Bone Soup
- Veggie Wrap

SNACK IDEAS

- Caramel Apple Dip
- Peach Chutney
- Sweet Chex Mix

MONDAY

Chicken Pasta Salad



- Make dressing and cook chicken. Store in fridge until ready to serve.

TUESDAY

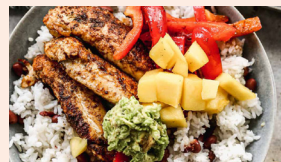
Slow Cooker Ribs



- Season ribs, store in the fridge until ready to cook. If making homemade BBQ sauce, prep that and store.

WEDNESDAY

Caribbean Jerk Chicken Bowls



- The pineapple sauce can be made ahead of time and kept in the fridge. I also chop the bell pepper and mango ahead of time. Just keep everything in separate containers in the fridge

THURSDAY

Baked Tacos



- The taco meat filling can be made 2-3 days in advance (depending on the freshness of your ingredients), stored in the fridge. When ready to use, fill tacos and bake as instructed. Assembled tacos, in the shells, will keep for a few hours stored in covered in the refrigerator (the taco shells will start to soften too much if assembled for longer than a few hours before baking).

FRIDAY

Baked Mac & Cheese with Bacon



- You can make this creamy baked mac and cheese recipe 1-2 days ahead of time. Prepare the sauce, cook the noodles, and store both separately in the fridge until ready to bake.