



MONDAY



Chicken Chimichangas
\$7.10

TUESDAY



**Southwest Tortellini
Pasta Salad**
\$11.66

WEDNESDAY



Chicken Gyros
\$17.68

THURSDAY



Baked Spaghetti Pie
\$4.51

FRIDAY



**Italian Grilled Cheese
Sandwich**
\$3.79

Estimated Total: \$44.75

Produce:

Green Onions (2)
Corn (1 cup, fresh or frozen)
Red Bell Pepper (1)
Avocado (1)
Cherry Tomatoes (1 1/2 cups, plus more
for serving in gyros)
Red Onion (3/4)
Fresh Cilantro (1/4 cup)
Limes (2)
Lemon Juice (3 Tbsp)
Garlic (5 cloves)
Romain or Iceberg Lettuce (1)
English Cucumber (1)
Fresh Basil (1/2 cup)

Bread & Grains:

Crusty French Baguette (1)
Flour Tortilla (6 large)
Pita or Flatbread (6)
Spaghetti Noodles (8 oz)

Protein:

Cooked Chicken (2 cups)
Chicken Breasts (2 lbs)

Canned Goods:

Refried Beans (1 can)
Black Beans (1 can)
Pasta Sauce (1 1/2 cups)
Marinara Sauce (1 cup or homemade)

Refrigerated:

Shredded Cheese - cheddar or mexican
(1 cup)
Mozzarella Cheese (8 slices)
Cheddar Cheese (8 slices)
Refrigerated Three Cheese Tortellini (20
oz. package)
Plain Greek Yogurt (1 cup)
Parmesan Cheese (1 cup, shredded)
Butter (5 Tbsp)
Egg (1)
Cottage Cheese (1 cup)
Your Favorite Salsa
Optional for Chimichangas (salsa, sour
cream, guacamole)

Pantry:

Oil (3 Tbsp)
Olive Oil (5 Tbsp)
Rice Vinegar (2 Tbsp)
Sugar (1 tsp)

Seasonings:

Cumin
Dry Oregano Leaves
Chili Powder
Paprika (smoked or regular)
Ground Turmeric
Ground Coriander
Onion Powder
Cinnamon
Crushed Red Pepper Flakes
Kosher Salt
Dill
Salt & Pepper

**Tastes Better
from Scratch™**

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Meal Plan 43

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Blueberry Muffins
- Breakfast Taquitos
- Poppy Seed Cake

LUNCH IDEAS

- Tuna Melt
- Cheeseburger Salad
- Creamy Chicken and Wild Rice Soup

SNACK IDEAS

- Homemade Salsa
- Cucumber Onion Salad
- Protein Bars

MONDAY

Chicken Chimichangas



- Cooked the chicken and put in an air tight container until ready to heat.

TUESDAY

Southwest Tortellini Pasta Salad



- Cook the tortellini, chop the veggies and make the dressing, but store separately. Combine everything just before serving!

WEDNESDAY

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.

THURSDAY

Baked Spaghetti Pie



- Make the spaghetti pie completely, but don't bake it. Cover tightly with plastic wrap and refrigerate for several hours, until ready to bake. If you want to prepare it more than 1 day in advance, I would suggest not adding the pasta sauce until right before you bake it (otherwise liquid from the sauce may pool at the bottom of the pan while it sits in the fridge for so long).

FRIDAY

Italian Grilled Cheese Sandwich



- Slice the the different cheeses and place in a ziplock in a fridge until ready to heat.