



**MONDAY**



**Chicken Caesar Pasta Salad**  
\$9.61

**TUESDAY**



**Creamy Tomato & Spinach Tortellini**  
\$7.65

**WEDNESDAY**



**Chicken Fajita Foil Packets**  
\$7.86

**THURSDAY**



**Tuna Pasta Salad & Tomato Basil Mozzarella Toasts**  
\$11.44

**FRIDAY**



**Fresh Spring Rolls**  
\$23.97

Estimated Total: \$60.53

**Produce:**

- Romaine Lettuce (4 cups)
- Large English Cucumber (1 1/2)
- Carrot (2)
- Green Onion (1/4 cup)
- Cherry Tomatoes (2 cups)
- Bell Peppers (2 of any color)
- Onion (1 yellow or purple)
- Red Onion (1/4)
- Garlic (3 cloves)
- Spinach (1 1/2 cups)
- Roma Tomatoes (4)
- Celery Ribs (2)
- Frozen Peas (1 cup)
- Mangoes (2)
- Mint Leaves (1 bunch)
- Basil Leaves (1 bunch)
- Cilantro (1 bunch)

**Pantry:**

- Olive Oil (2 Tbsp)
- All Purpose Flour (3 Tbsp)
- Mayo (1/2 cup)
- Peanut Butter (1/3 cup)
- Soy Sauce (1/2 tsp)
- Hoisin Sauce (1/2 tsp)
- Caesar Salad Dressing
- Fajita Seasoning or Taco Seasoning (1 packet)
- Sweet Chili Sauce (3/4 cup)

**Canned Goods:**

- Petite Diced Tomatoes (15 oz can)
- Canned Albacore White Tuna (7 oz)

**Refrigerated:**

- Shredded Parmesan Cheese (1 cup)
- Refrigerator Cheese Tortellini (20 oz)
- Butter (2 Tbsp)
- Milk (1 1/2 cup)
- Heavy Cream (1/2 cup)
- Mozzarella Cheese (8 oz)
- Plain Greek Yogurt (1/2 cup)
- Optional for Fajitas (guacamole, salsa, sour cream, cilantro)

**Bread & Grains:**

- Spring Roll Rice Wrappers (1 package)
- Vermicelli Rice Noodles (1 package)
- Penne Pasta (6 oz)
- Small Flour Tortillas (for serving for fajitas)
- Croutons (1/2 cup)
- Minute Rice (brown or white 1 1/2 cups)
- Crusty French Baguette (1)
- Small Shell Pasta (8 oz)

**Protein:**

- Chicken Breasts (4)
- Small Cooked Shrimp (1 lb)

**Seasonings:**

- Onion Powder
- Dried Oregano
- Red Pepper Flakes
- Dill Weed
- 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 44

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- Buttermilk Pancakes
- Overnight Breakfast Casserole
- Yeasted Waffles

### LUNCH IDEAS

- Ham & Cheese Sliders
- Pizza Casserole
- Brussels Sprout Salad

### SNACK IDEAS

- Elotes Recipe
- Tomato Cucumber Salad
- Garlic Knots

MONDAY

#### Chicken Caesar Pasta Salad



- The chicken can be cooked and all the ingredients can be chopped ahead of time. Wait to add the dressing until ready to serve.

TUESDAY

#### Creamy Tomato & Spinach Tortellini



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

WEDNESDAY

#### Chicken Fajita Foil Packets



- Make your foil packet meal even easier, by preparing the ingredients ahead of time. Chop all of the veggies and cut the chicken into slices. Store them separately, in ziplock bags or a covered container, for 1-2 days.

THURSDAY

#### Tuna Pasta Salad



- Pasta can be made ahead of time and stored in an air tight container until ready to serve.

FRIDAY

#### Fresh Spring Rolls



- The rolls taste best the day they are made, but they can be stored in the refrigerator for 2-3 days. Wrap each roll individually in plastic wrap (to keep the wrapper soft and to keep them from sticking together) and store in an air-tight container in the fridge.