



MONDAY



One Pan Baked Ziti
\$6.26

TUESDAY



Chinese Chow Mein
\$8.63

WEDNESDAY



Swedish Meatballs
\$11.63

THURSDAY



Loaded Chicken Enchiladas
\$17.40

FRIDAY



One Pan Jambalaya
\$10.53

Estimated Total: \$54.45

Produce:

Garlic (12-13 cloves)
Shredded Cabbage (1 1/2 cups)
Carrots (2 cups)
Celery (9 ribs)
Green Onion (11-13)
Bean Sprouts (1 cup)
Grated Ginger (2 tsp)
Onions (3)
Parsley Leaves (2 Tbsp)
Green Bell Pepper (1/2)
Bell Pepper (2 medium of any color)

Bread & Grains:

Ziti Pasta (12 oz)
Cooked Egg Noodles or Rice (for serving)
Cooked Rice (2 1/2 cups)
Flour Tortillas (16 large)
Long Grain White Rice (2 cups)

Protein:

Ground Italian Sausage (1/2 lb)
Chicken Breasts (4)
Ground Beef (1 lb)
Ground Pork (1 lb)
Cooked Chicken (3 cups)
Andouille Sausage (2 lbs)

Canned Goods:

Corn (1 can)
Diced Tomatoes (2 - 14.5 oz can)
Tomato Sauce (8 oz)
Low-Sodium Beef Broth (3 3/4 cup)
Black Beans (1 cans)
Canned Jalapeno Peppers (4 oz)
Cream of Chicken Soup (1 can or homemade)
Red Enchilada Sauce (1 batch)
Low-Sodium Chicken Broth (4 cups)

Pantry:

Olive Oil (2 1/3 Tbsp)
Canola Oil (3 Tbsp)
Low-Sodium Soy Sauce (1/4 cup)
Sesame Oil (1 1/2 tsp)
Light Brown Sugar (1 Tbsp)
Cornstarch (1 tsp)
Breadcrumbs (1/2 cups)
Flour (1 cup)
Sugar (1 tsp)
Oyster Sauce (1 Tbsp)

Refrigerated:

Half & Half (1/2 cup)
Grated Parmesan Cheese (1/2 cup)
Shredded Mozzarella Cheese (1 cups)
Yaki-Soba Noodles (1 lb)
Egg Yolks (2 large)
Unsalted Butter (1/4 cup)
Sour Cream (3/4 cup)
Cream Cheese (4 oz)
Shredded Cheese (3 cups)
Butter (4 Tbsp)

Seasonings:

Crushed Red Pepper Flakes
Basil
Oregano
Ground Allspice
Nutmeg
Cajun Seasoning
Salt & Pepper

**Tastes Better
from Scratch™**

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Meal Plan 46

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Pumpkin Pancakes
- Lox Bagel
- Chilaquiles

LUNCH IDEAS

- Turkey Cranberry Almond Salad
- Macaroni Salad
- Lentil Salad

SNACK IDEAS

- Crab Dip
- Roasted Pumpkin Seeds
- Banana Oat Muffins

MONDAY

One Pan Baked Ziti



- Yes, to make it ahead of time, follow the directions up to step 4. Don't add and cook the noodles yet because you don't want them to get soggy or to soak up too much of the liquid. Continue with step 5 just before you want to serve it.

TUESDAY

Chinese Chow Mein



- Chop vegetables put in a ziplock until ready to cook. Cook chicken and slice into bite-sized pieces. Make the chow mein sauce and place in a container in the fridge.

WEDNESDAY

Swedish Meatballs



- The meatballs can be made ahead of time (cook them all the way through) and kept in the fridge or freezer until ready to use.

THURSDAY

Loaded Chicken Enchiladas



- The chicken enchiladas can be made ahead of time and stored in the freezer. Cover the pan tightly with two layers of aluminum foil and freeze the enchiladas for up to 3 months.

FRIDAY

One Pan Jambalaya



- The jambalaya can be made ahead of time and stored in the fridge for up to 3 days. Reheat when ready to eat.