



**MONDAY**



**Smothered Green Chili Chicken Burritos**  
\$11.22

**TUESDAY**



**Pad Thai**  
\$10.53

**WEDNESDAY**



**Sweet & Sour Chicken**  
\$10.71

**THURSDAY**



**Tuna Noodle Casserole**  
\$6.36

**FRIDAY**



**Italian Meatball Subs**  
\$13.78

Estimated Total: \$52.60

**Produce:**

- Bell Peppers (2)
- Celery (1 rib)
- Bean Sprouts (1 cup)
- Chopped Parsley (2 Tbsp)
- Cilantro (1/2 cup)
- Lemon Juice (2 tsp)
- Garlic (5 cloves)
- Green Onions (5)
- Limes (2)
- Onion (1/4 cup)
- Red Bell Pepper (1)
- Sweet Onion (1/2)

**Bread & Grains:**

- Cooked White Rice
- Flat Rice Noodles (8 oz)
- Flour Tortillas (6 large)
- Hoagies or Sub Rolls (5)
- Medium-size Shell Pasta (8 oz)
- Saltine Crackers (1/2 cup)

**Protein:**

- Boneless Skinless Chicken Breasts (4)
- Cooked Chicken (3 cups)
- Lean Ground Beef (1 lb)
- Uncooked Shrimp, Chicken or Extra-Firm Tofu (8 oz)

**Canned Goods:**

- Albacore White Tuna, packed in Water (5 oz)
- Crushed Tomatoes (28 oz can)
- Low-Sodium Beef Broth (1/4 cup)
- Low-Sodium Chicken Broth (2 cups + 14.5 oz can)
- Mild Chopped Green Chilies (4 oz)
- Pineapple Chunks (1 cup)

**Pantry:**

- All-Purpose Flour (3/4 cup + 7 Tbsp)
- Apple Cider Vinegar (1 cup)
- Cornstarch (1 cup + 1 1/2 Tbsp)
- Creamy Peanut Butter (2 Tbsp)
- Dry Roasted Peanuts (1/2 cup)
- Fish Sauce (3 Tbsp)
- Sugar (1 cup + 1 tsp)
- Ketchup (1/2 cup)
- Light Brown Sugar (5 Tbsp)
- Low-Sodium Soy Sauce (3 Tbsp)
- Oil (1/4 cup + 3 Tbsp)
- Olive Oil
- Rice Vinegar (2 Tbsp)
- Ritz Crackers (1/2 cup)
- Salsa (1 1/2 cups)
- Sriracha Hot Sauce (1 Tbsp)

**Refrigerated:**

- Butter (8 Tbsp)
- Cheddar Cheese (1/3 cup)
- Eggs (6 large)
- Grated Parmesan Cheese (1 cup)
- Frozen Peas (3/4 cup)
- Milk (1 cup)
- Provolone Cheese (10 slices)
- Shredded Cheddar Cheese (1 1/4 cup)
- Sour Cream (1/2 cup)

**Seasonings:**

- Crushed Red Pepper Flakes
- Cumin
- Basil
- Dill Weed
- Oregano Leaves
- Parsley Leaves
- Garlic Powder
- Garlic Salt
- 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 47

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- Sour Cream Coffee Cake
- Eggs Benedict
- German Pancakes

### LUNCH IDEAS

- Croque Monsieur
- Instant Pot Tuscan Chicken Pasta
- Healthy Chicken Pasta Salad

### SNACK IDEAS

- Banana Bread
- Garlic & Parmesan Kale Chips
- Caramel Popcorn

MONDAY

#### Smothered Green Chili Chicken Burritos



- The chicken filling and green chile sauce can both be made a day or two in advanced, making dinner prep super easy! Store them separately, covered in the fridge.

TUESDAY

#### Pad Thai



- Cut your protein, and chop veggies ahead of time. Stir together sauce ingredients and set aside.

WEDNESDAY

#### Sweet & Sour Chicken



- Thaw and cut the chicken ahead of time and store it in a ziplock in the refrigerator until ready to add the cornstarch. Make the sauce 1-2 days a head of time and store it in the fridge. You can also cut up the veggies ahead of time to make this a supper fast meal!

THURSDAY

#### Tuna Noodle Casserole



- Cook the noodles, sauté the vegetables, and make the sauce. Store everything separately until ready to assemble, and bake.

FRIDAY

#### Italian Meatball Subs



- The homemade meatballs and the sauce can both be made in advance and kept in the fridge for 2 days.