



**MONDAY**



**Marinated Grilled Chicken Tenders**  
\$9.96

**TUESDAY**



**Chicken Caesar Wrap**  
\$14.65

**WEDNESDAY**



**Black Bean Burger**  
\$6.90

**THURSDAY**



**Slow Cooker French Dip Sandwich**  
\$35.29

**FRIDAY**



**Sloppy Joes**  
\$9.35

Estimated Total: \$76.15

**Produce:**

- Romaine Lettuce (3 cups)
- Cherry Tomatoes (2/3 cup)
- Caesar Salad Dressing (1/2 cup)
- Green Bell Pepper (1/2)
- Onion (1/2 small)
- Garlic (7 cloves)
- Lime Juice (2 tsp)
- Yellow Onion (1/2 cup)
- Optional Burger Toppings: Lettuce, Tomato

**Refrigerated:**

- Grated Parmesan Cheese (1/4 cup)
- Egg (1)
- Swiss Cheese (16 slices)

**Protein:**

- Chicken Tenders (2 lbs)
- Cooked Chicken (2 cups)
- Chuck Roast (3 1/2 lbs)
- Ground Beef (1 lb)

**Canned Goods:**

- Black Beans (15 oz)
- Chipotle Peppers in Adobo Sauce (2)
- Adobo Sauce (1 Tbsp)
- Low-Sodium Beef Broth (2 1/3 cup)
- Tomato Sauce (8 oz)

**Pantry:**

- Low-Sodium Soy Sauce (5/8 cup)
- Oil (1/2)
- Mayonnaise (1 cup)
- Olive Oil (1 Tbsp)
- Worcestershire Sauce (3 Tbsp)
- Ketchup (1/3 cup)
- BBQ Sauce (1/4 cup)
- Yellow Mustard (1 tsp)
- Sprite (12 oz)
- Horseradish (1 tsp)
- Croutons (1/2 cup)
- French Onion Soup Mix (1 packet)
- Coke (1 cup)

**Bread & Grains:**

- Flour Tortillas (5 large)
- Whole Wheat Breadcrumbs (2/3 cup)
- Hamburger Buns (5)
- Hoagies or Sub Rolls (8)

**Seasonings:**

- Garlic Powder
- Chili Powder
- Cumin
- Oregano Leaves
- Thyme
- 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 49

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- Strawberry Banana Smoothie
- French Toast Casserole
- Blueberry Coffee Cake

### LUNCH IDEAS

- Spinach Avocado Pasta Salad
- Ham & Cheese Sliders
- Cheeseburger Salad

### SNACK IDEAS

- Burrata Appetizer
- Buffalo Chicken Dip
- Energy Balls

MONDAY

#### Marinated Grilled Chicken Tenders



- Marinate chicken 3-6 hours ahead of time depending on the type of chicken you choose. Place marinating chicken in the refrigerator and remove 20 minutes prior to cooking to allow it to come to room temperature.

TUESDAY

#### Chicken Caesar Wrap



- Cook chicken and chop vegetables.

WEDNESDAY

#### Black Bean Burger



- The black bean burger mixture can be made 1-2 days ahead of time, formed into patties, or not, covered well.

THURSDAY

#### Slow Cooker French Dip Sandwich



- The filling for the french dip sandwich can be made ahead of time and stored in an airtight container for up to 3 days.

FRIDAY

#### Sloppy Joes



- The sloppy joe meat filling can be made up to 2 days ahead of time, depending on the freshness of the beef. Store in the refrigerator and reheat and serve on toasted buns when ready to eat.