



**MONDAY**



**Grilled Chicken Burgers**  
\$11.76

**TUESDAY**



**One Pan Garlic Parmesan Chicken & Vegetables**  
\$12.48

**WEDNESDAY**



**Chicken Casserole**  
\$6.96

**THURSDAY**



**Steak Kabobs**  
\$19.08

**FRIDAY**



**Crispy Bean & Cheese Burritos**  
\$4.51

Estimated Total: \$54.79

**Produce:**

- Avocado (1)
- Red Onion (1/2)
- Leafy Green Lettuce (4 leaves)
- Lemon Juice (1 Tbsp)
- Parsley Leaves (optional)
- Zucchini (1)
- Yellow Squash (1)
- Grape Tomatoes (1 cup)
- Garlic (2 tsp, minced)
- Garlic (2 cloves)
- Bell Pepper (2 of any color)
- Sweet Onion (1)
- Celery (1 cup, diced)

**Canned Goods:**

- Diced Tomatoes (14.5 oz can)
- Cream of Chicken Soup (10.5 oz can or homemade)
- Refried Beans (16 oz can)

**Protein:**

- Chicken Breasts (3)
- Cooked Chicken (2 cups)
- Chicken Tenders (6)
- Top Sirloin Steak (1 1/2 lb)

**Refrigerated:**

- Provolone Cheese (4 slices)
- Eggs (3 large)
- Butter (1 Tbsp)
- Mexican Blend Cheese (1/2 cup)
- Parmesan Cheese (1 cup)

**Pantry:**

- Olive Oil (1/2 cup)
- Sugar (1 Tbsp)
- Mayonnaise (3/4 cup)
- Low-Sodium Soy Sauce (1/2 cup)
- Oil (1/2 cup)
- Slivered Almonds (1/4 cup)
- Salsa (1 Tbsp + more for dipping)
- Peach Juice (1/2 cup)
- Wooden or Bambo Skewers

**Bread & Grains:**

- Mexican Rice (optional for burritos)
- Hamburger Buns (4)
- Minute Rice (1 cup)
- Corn Flakes Cereal (1 cup)
- Flour Tortillas (6 medium)
- Breadcrumbs (3/4 cup)

**Seasonings:**

- Chili Powder
- Garlic Powder
- Onion Powder
- Cumin
- Oregano
- Italian Seasoning
- Onion Flakes
- 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 50

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- Breakfast Quesadillas
- English Muffins
- Lemon Zucchini Bread

### LUNCH IDEAS

- Mexican Torta
- Waldorf Salad
- Lettuce Wraps

### SNACK IDEAS

- Carrot Muffins
- Peanut Butter Popcorn
- Air Fryer Tofu

MONDAY

#### Grilled Chicken Burgers



- Combine the seasonings for the chicken. Cut all of the vegetables and set aside until ready to serve.

TUESDAY

#### One Pan Garlic Chicken & Veggies



- Make the breadcrumb mixture for the chicken, set aside. Chop all the vegetables and store in a ziplock container until ready to cook.

WEDNESDAY

#### Chicken Casserole



- Make the chicken/rice mixture, spread it in the pan, cover and refrigerate. When you're ready to bake it, sprinkle the buttered cornflakes on top and bake as directed.

THURSDAY

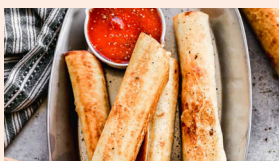
#### Steak Kebabs



- The steak can marinate for up to 6 hours. The vegetables can be chopped ahead of time, and the kebabs can be assembled a few hours before cooking, stored covered in the fridge.

FRIDAY

#### Crispy Bean & Cheese Burrito



- The refried bean mixture can be made beforehand and kept in an airtight container in the refrigerator. You could also assemble and roll the burritos and store them in the fridge until dinner, when you're ready to fry them. Leftovers also reheat wonderfully, reheated in a hot pan until the tortilla gets crispy again.