



MONDAY



Sheet Pan Fajitas
\$16.62

TUESDAY



Pizza Casserole
\$16.94

WEDNESDAY



Swedish Meatballs
\$13.96

THURSDAY



Cornbread Waffles & Chili
\$25.26

FRIDAY



Chicken Tortilla Soup
\$15.38

Estimated Total: \$88.16

Produce:

- Bell Peppers (4, any color)
- Green Bell Pepper (1/2)
- Yellow Onions (2)
- Onion (2)
- Garlic (10 cloves)
- Celery (2 ribs)
- Lime (1 + 1 Tbsp lime juice)
- Cilantro (1/4 cup)
- Parsley Leaves (2 Tbsp)
- Corn (1 cup, frozen)
- Cilantro (1/4 cup)

Refrigerated:

- Parmesan Cheese (1/2 cup)
- Mozzarella Cheese (2 cups, shredded)
- Eggs (4 large)
- Unsalted Butter (1/4 cup)
- Sour Cream (3/4 cup)
- Milk (2 cups)
- Chili (4 cups of your favorite kind)
- Desired Fajita, Soup and Chili Toppings: Sour Cream, Cheese, Avocado, Guacamole, Pico, Cilantro, Etc.

Canned Goods:

- Sliced Mushrooms (1 can)
- Sliced Olives (1 can)
- Marinara Pasta Sauce (24 oz jar or homemade)
- Beef Broth (3 3/4 cup)
- Diced Tomatoes (14.5 oz can)
- Mild Green Chilies (4 oz can)
- Black Beans (15 oz can)

Pantry:

- Oil (6 Tbsp)
- Olive Oil (3 Tbsp)
- All-Purpose Flour (2 1/2 cups)
- Yellow Cornmeal (1 1/4 cup)
- Baking Powder (1 Tbsp)
- Sugar (1 tsp)

Protein:

- Chicken Breasts (6)
- Ground Beef (2 lbs)
- Pork Sausage (1 1/2 lb)
- Pepperoni (4 oz)

Bread & Grains:

- Small Flour Tortillas (8-10)
- Penne Pasta (4 cups)
- Breadcrumbs (1/2 cup)
- For Serving - Swedish Meatballs (Egg Noodles or Rice)

Seasonings:

- Chili Powder
- Paprika
- Cumin
- Onion Powder
- Garlic Powder
- Dried Oregano Leaves
- Cayenne Pepper
- Allspice
- Nutmeg
- 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 51

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Green Smoothie
- Buttermilk Biscuits
- Cranberry Orange Muffins

LUNCH IDEAS

- Ensalada Rusa
- Buffalo Chicken Wrap
- Brussels Sprout Salad

SNACK IDEAS

- Energy Balls
- Vegetable Dip
- Snickerdoodle Muffins

MONDAY

Sheet Pan Fajitas



- Slice all of the veggies and cut the chicken and store them separately in the refrigerator until ready to bake. Make the seasoning up to several days in advance and store it in a jar at room temperature.

TUESDAY

Pizza Casserole



- Assemble the pizza casserole up until baking and store covered in the refrigerator for several hours. Remove from oven and bake as directed.

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

Cornbread Waffles & Chili



- Make or buy your chili and set aside until ready until ready to heat and serve.

FRIDAY

Chicken Tortilla Soup



- Soup can be made ahead of time and stored in an airtight container. Reheat on stove when ready to serve.