



MONDAY



Slow Cooker Chicken Tacos
\$5.60

TUESDAY



Spaghetti Pie
\$5.29

WEDNESDAY



Pesto Chicken Flatbread
\$10.55

THURSDAY



Creamy Tomato & Spinach Tortellini
\$9.62

FRIDAY



Crispy Southwest Wrap
\$14.18

Estimated Total: \$45.24

Produce:

- Lime Juice (3 tsp)
- Basil Leaves (1 1/4 cup)
- Cherry Tomatoes (1 cup)
- Red Bell Pepper (1/2)
- Green Onion (1)
- Corn (1 cup, fresh or frozen)
- Garlic (3 cloves)
- Baby Spinach Leaves (1 1/2 cups)

Refrigerated:

- Grated Parmesan Cheese (2 cups)
- Butter (5 Tbsp)
- Egg (1 large)
- Cottage Cheese (1 cup)
- Mozzarella Cheese (4 oz)
- Shredded Cheddar Cheese (1 1/2 cup)
- Sour Cream (1/2 cup)
- Cheese Tortellini (20 oz)
- Milk (1 1/2 cups)
- Heavy Whipping Cream (1/2 cup)

Canned Goods:

- Chicken Broth (14.5 oz can)
- Marinara Pasta Sauce (24 oz jar or homemade)
- Pesto Sauce (1 Tbsp)
- Black Beans (15 oz can)
- Petite Diced Tomatoes (15 oz cans)

Protein:

- Boneless Skinless Chicken Breasts (1 lb)
- Cooked Chicken (1/2 cup)
- Ground Beef (1 lb)

Pantry:

- Olive Oil (2 Tbsp)
- Balsamic Vinegar
- All-Purpose Flour (3 Tbsp)
- Italian Salad Dressing (1/3 cup)

Bread & Grains:

- Spaghetti Noodles (8 oz)
- Flatbread (2 large)
- Cooked Rice (1 cup)
- Flour Tortillas (6-8)

Seasonings:

- Chili Powder
- Onion Powder
- Garlic Powder
- Paprika
- Oregano Leaves
- Cumin
- Parsley Flakes
- Crushed Red Pepper 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 52

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Sour Cream Coffee Cake
- Spinach & Bacon Quiche
- Lemon Blueberry Pancakes

LUNCH IDEAS

- Monte Cristo Sandwich
- Lasagna Soup
- Honey Mustard Chicken Salad

SNACK IDEAS

- Sweet Chex Mix
- Peach Chutney
- Applesauce

MONDAY

Slow Cooker Chicken Tacos



- The shredded chicken can be made up to 2 days in advance. Store in a sealed container in the refrigerator and heat before using.

TUESDAY

Spaghetti Pie



- Make the spaghetti pie completely, but don't bake it. Cover tightly with plastic wrap and refrigerate for several hours, until ready to bake. If you want to prepare it more than 1 day in advance, I would suggest not adding the pasta sauce until right before you bake it (otherwise liquid from the sauce may pool at the bottom of the pan while it sits in the fridge for so long).

WEDNESDAY

Pesto Chicken Flatbread



- Cook chicken and chop vegetables - set aside until ready to cook.

THURSDAY

Creamy Tomato and Spinach Tortellini



- Pasta can be made ahead of time and put in an airtight container for up to 3 days. Reheat when ready to serve.

FRIDAY

Crispy Southwest Wrap



- You can make the filling in advance, just store it in an airtight container in the fridge. Assemble and pan-fry when ready to serve! Or, the entire wraps could be assembled a few hours ahead of time, and pan-fried when ready to eat.