



MONDAY



Baked Creamy Chicken Taquitos
\$8.04

TUESDAY



Meatball Subs
\$18.18

WEDNESDAY



Slow Cooker Ranch Pork Chops
\$12.53

THURSDAY



Taco Soup
\$12.08

FRIDAY



Chicken & Broccoli Alfredo Stuffed Shells
\$16.04

Estimated Total: \$66.87

Produce:

- Baby Spinach Leaves (1 cup)
- Broccoli (1 1/2 cup)
- Garlic (7 cloves)

Canned Goods:

- Beef Broth (2 1/4 cup)
- Crushed Tomatoes (2 - 28 oz cans)
- Diced Green Chilies (4 oz)
- Kidney Beans (15 oz can)
- Black Beans (15 oz can)
- Corn (17 oz can)
- Cream of Mushroom Soup (10.5 oz or homemade)
- Cream of Chicken Soup (10.5 oz or homemade)

Bread & Grains:

- Large Flour Tortillas (8-10)
- Hoagies or Sub Rolls (5)
- Jumbo Shell Pasta (12 oz)

Seasonings:

- Cumin
- Garlic Powder
- Dried Parsley Flakes
- Paprika
- Onion Powder
- Dried Oregano Leaves
- Dried Dill Weed
- Dried Basil
- Garlic Salt
- Crushed Red Pepper Flakes
- Salt & Pepper

Refrigerated:

- Cream Cheese (6 oz)
- Sour Cream (1/4 cup)
- Shredded Cheddar Cheese (1 cup)
- Provolone Cheese (10 slices)
- Grated Parmesan Cheese (2/3 cup)
- Shredded Mozzarella Cheese (3/4 cup)
- Eggs (3 large)
- Milk (1 cup)
- Unsalted Butter (3 Tbsp)
- Heavy Whipping Cream (1 cup)
- Whole Milk (1 1/4 cup)
- Taco Soup Toppings: Cheese, Avocado, etc

Pantry:

- All-Purpose Flour (3/4 cup)
- Sugar (1 tsp)
- Chicken Bouillon Cubes (2)
- Salsa (1/4 cup of your favorite kind)
- Saltine Crackers (1/2 cup)
- Taco Soup Toppings: Tortilla Chips / Fritos, hot sauce

Protein:

- Cooked Chicken (4 1/2 cups)
- Ground Beef (2 lbs)
- Pork Chops (4-6)



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 53

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Overnight Breakfast Casserole
- Peach Scones
- Deviled Eggs

LUNCH IDEAS

- Lentil Salad
- Cauliflower Salad
- BBQ Pulled Pork Sandwiches

SNACK IDEAS

- Candied Pecans
- Banana Oat Muffins
- Healthy Frozen Yogurt

MONDAY

Baked Creamy Chicken Taquitos



- Make the filling up to 1 day in advance and store in the refrigerator. Roll in tortillas before baking.

TUESDAY

Meatball Subs



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

WEDNESDAY

Slow Cooker Ranch Pork Chops



- Make the sauce and put in an airtight container in your fridge until you are ready to cook.

THURSDAY

Taco Soup



- The taco soup can be made ahead of time and stored in the refrigerator for 3-4 days after making. Reheat in the microwave or on the stovetop.

FRIDAY

Chicken & Broccoli Alfredo Stuffed Shells



- Assemble chicken alfredo stuffed shells through step 8 of the recipe, just before baking. Cover pan and refrigerate until ready to bake.