



MONDAY



Hibachi Chicken
\$14.60

TUESDAY



Homemade Taquitos
\$20.58

WEDNESDAY



Chick-Fil-A Copycat Sandwich
\$8.33

THURSDAY



Tuna Melt
\$6.55

FRIDAY



Manicotti
\$14.69

Estimated Total: \$64.75

Produce:

Carrot (1)
Red Onion (2 Tbsp)
Basil Leaves (1/4 cup)
Lemon Juice (3 tsp)
Parsley Leaves (2 Tbsp)
Onion (1 medium)
Minced Garlic
Crimini Mushrooms (9 oz)
Zucchini (2)

Refrigerated:

Butter (2 Tbsp)
Cheese (favorite kind, 4 slices)
Eggs (3 large)
Parmesan (2 cups, grated)
Milk (1/2 cup)
Ricotta (3 cups)
Shredded Cheese (for topping)
Shredded Mozzarella (8 oz)
Sour Cream (topping)
Guacamole (optional for taquitos)
Toppings for chicken sandwich (pickle, lettuce, tomato and cheese slices)
Toppings for tuna melt: avocado, tomato

Canned Goods:

Marinara Sauce (1 recipe or 3 cups, jarred)
Beef Broth (14 oz can)
Albacore White Tuna (9 oz canned)
Pickle Juice (1/2 cup)
Salsa (1/2 cup plus extra for topping)

Protein:

Chicken Breasts (3 large)
Beef Chuck Roast (2.4 - 4 lbs)
Chicken Breast Halves (4)

Pantry:

BBQ Sauce (2 tsp)
Dijon (1 tsp)
Ketchup (1 Tbsp)
Soy Sauce (3 Tbsp)
Mayonnaise (2 cups)
Rice Vinegar (1 Tbsp)
Sesame Oil (2 tsp)
Toothpicks
Yellow Mustard (3 tsp)
Honey (2 Tbsp)
Oil (for frying & 2 tsp)
Powdered Sugar (3 Tbsp)
Flour (1 cup)
Baking Powder (1/2 tsp)

Bread & Grains:

White Sandwich Bread (4 slices, thick cut)
Corn Tortillas (20)
Hamburger Buns (4)
No Boil Lasagna Noodles (16)
Rice (for serving)

Seasonings:

Cayenne Pepper
Chili Powder
Cumin
Oregano
Onion Powder
Garlic Powder
Kosher Salt
Paprika
Salt & Pepper

**Tastes Better
from Scratch™**

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Meal Plan 55

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Old-Fashioned Sour Cream Donuts
- Whole Wheat Chocolate Chip Banana Bread
- Pancakes
- Broccoli Cheese Quiche

LUNCH IDEAS

- Macaroni Salad
- Grapefruit Avocado Salad
- Sloppy Joes

SNACK IDEAS

- Cheesy Bean Dip
- Classic Cheese Ball
- Chocolate Chip Muffins

MONDAY

Hibachi Chicken



- This is a great dinner to meal prep! You can double or triple the recipe and set aside the leftovers for lunch or dinner during the week. I like to divide the hibachi chicken and vegetables, rice and stir-fry between these containers.

TUESDAY

Homemade Taquitos



- Allow them to cool completely , then store them in a freezer-safe container for up to 3 months. Thaw overnight in the refrigerator. Reheat in a hot skillet, lightly greased with cooking spray to help crisp the shells again.

WEDNESDAY

Chick-Fil-A Copycat Sandwich



- Marinate the chicken and make the sauce. Store in the fridge until ready to cook.

THURSDAY

Tuna Melt



- The tuna filling can be made ahead of time and kept in the fridge for 3-4 days. Great for meal prep and quick lunches.

FRIDAY

Manicotti



- This baked Manicotti can be prepped and kept in the refrigerator until ready to bake for up to 3 days!