



MONDAY



Lasagna Soup
\$20.48

TUESDAY



Healthy Chicken Salad Lettuce Wraps
\$10.34

WEDNESDAY



New Orleans Gumbo
\$34.13

THURSDAY



Sheet Pan Chicken Fajitas
\$16.62

FRIDAY



One Pan Skinny Chicken Alfredo
\$7.18

Estimated Total: \$88.75

Produce:

- Yellow Onion (2)
- Garlic (10 cloves)
- Spinach Leaves (2 cups)
- Basil (optional for lasagna soup)
- Celery (1 bunch and 2 stalks)
- Red Onion (1/2)
- Grapes (1/2 cup)
- Apple (1)
- Lemon Juice (1 tsp)
- Boston Cilantro (1/4 cup)
- Bib Lettuce (1 head)
- Green Bell Pepper (1)
- Green Onion (1 bunch)
- Parsley Leaves (1 bunch)
- Mixed Bell Pepper (3)
- Lime (1)

Protein:

- Ground Beef (1/2 lb)
- Italian Sausage (1/2 lb)
- Chicken Breasts (3 lbs)
- Andouille Sausage (12 oz)
- Rotisserie Chicken (1)
- Shrimp (1 cups, precooked)

Canned Goods:

- Tomato Paste (2 Tbsp)
- Marinara Sauce (24 oz or homemade)
- Chicken Broth (17 cups)

Pantry:

- Olive Oil
- Mayonnaise (2 Tbsp)
- Flour
- Vegetable Oil
- Dried Cranberries (1/4 cup)
- Almonds (1/4 cup)

Refrigerated:

- Ricotta Cheese (10 oz)
- Mozzarella Cheese (1 cup, shredded)
- Grated Parmesan (1 1/2 cups)
- Plain Greek Yogurt (1/3 cup)
- Fat Free Milk (1 3/4 cups)
- Desired Fajita Toppings: Sour cream, avocado, pico de gallo, shredded cheese, etc

Bread & Grains:

- Lasagna Noodles (9)
- White Rice (to serve with Gumbo)
- Flour Tortillas (8-10 small)
- Farfalle Pasta (6 oz)

Seasonings:

- Red Pepper Flakes
- Parsley
- Oregano
- Basil
- Garlic Powder
- Cajun Seasoning
- Chili Powder
- Paprika
- Cumin
- Onion Powder
- Cayenne Powder
- 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 56

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- French Toast Casserole
- Vanilla Protein Shake
- Gingerbread Waffles

LUNCH IDEAS

- Grilled Ham & Cheese
- Roasted Tomato Soup
- Veggie Wrap

SNACK IDEAS

- Easy Healthy Granola
- Banana Bread
- Burrata Appetizer

MONDAY

Lasagna Soup



- Make the recipe up to step 4. Do not add the noodles to the pot. Store the soup in the refrigerator. When ready to serve, start at step 5, bringing the soup to a boil and cooking the noodles at that point. It backs up on the stove. Serve with a dollop of cheese.

TUESDAY

Healthy Chicken Salad Lettuce Wraps



- Filling can be made ahead of time and put in the fridge for up to 3 days.

WEDNESDAY

New Orleans Gumbo



- Store Gumbo covered in the refrigerator for 3-4 days. The roux can be made 3-5 days in advance, stored in a large resealable bag in the fridge.

THURSDAY

Sheet Pan Chicken 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.

FRIDAY

One Pan Skinny Chicken Alfredo



- Pasta can be made ahead of time and stored in the fridge for up to 3 days.