



**MONDAY**



**Tostadas**  
\$16.03

**TUESDAY**



**Slow Cooker French Dip Sandwiches**  
\$35.29

**WEDNESDAY**



**Chinese Chow Mein**  
\$10.36

**THURSDAY**



**One Pan Meatball Casserole**  
\$15.76

**FRIDAY**



**Honey BBQ Chicken Wraps**  
\$17.82

Estimated Total: \$95.26

**Produce:**

- Onion (1/4)
- Lettuce (1/2 head)
- Avocado (1)
- Garlic (5 cloves)
- Cabbage (1 1/2 cups, shredded)
- Carrots (2 cups, shredded)
- Celery (2 ribs)
- Green Onion (4)
- Bean Sprouts (1 cup)
- Grated Ginger (2 tsp)
- Coleslaw (2 cups)
- Optional: Chopped Herbs

**Refrigerated:**

- Queso Fresco (topping for tostadas)
- Mexican Crema or Sour Cream
- Swiss Cheese (16 slices)
- Yaki-Sobi Noodles (1 lb)
- Milk (1 1/4 cup)
- Mozzarella (2 cups, shredded)
- Parmesan Cheese (optional)
- Egg (1)
- Shredded Cheddar Cheese (1 1/2 cup)

**Bread & Grains:**

- Tostada Shells (10)
- Hoagie or Sub Rolls (8)
- Ziti Pasta Boodles (16 oz)
- Corn Flakes Cereal (2 1/4 cup)
- Flour Tortillas (4 large)

**Pantry:**

- Olive Oil
- Oil
- Light Brown Sugar
- Cornstarch
- Flour
- Honey (1/4 cup)
- Ketchup
- Salsa (topping)
- French Onion Soup Mix (1 packet)
- Coke (1 cup, not diet)
- Worcestershire Sauce (1 Tbsp)
- Soy Sauce (1/2 cup)
- Sesame Oil (1 1/2 tsp)
- Oyster Sauce (1 Tbsp)
- BBQ Sauce (1 cup)
- Sriracha Hot Sauce (optional)

**Protein:**

- Ground Beef (1 lb)
- Chuck Roast (3.5 lbs)
- Chicken Breasts (2 lbs)
- Meatballs (1 package fully cooked)

**Canned Goods:**

- Refried Beans (1 can)
- Beef Broth (2 1/3 cups)
- Marinara Sauce (24 oz or homemade)

**Seasonings:**

- Chili Powder
- Cumin
- Paprika
- Garlic Powder
- Oregano
- Thyme
- Onion 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 57

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- Crepes
- Breakfast Taquitos
- Healthy Breakfast Smoothie

### LUNCH IDEAS

- Croque Monsieur
- Broccoli Cheese Soup
- Coconut Chicken Tropical Salad

### SNACK IDEAS

- California Roll
- Cranberry Orange Scones
- Air Fryer Tofu

MONDAY

### Tostadas



- Have everything prepped and stored separately in the fridge. When ready to eat, re-warm the meat and beans and assemble the tostadas.

TUESDAY

### French Dip Sandwiches



- The meat can be made ahead of time and set aside in the fridge until ready to heat and serve.

WEDNESDAY

### Chinese Chow Mein



- The chow mein can be made up to 3 days ahead of time and stored in a fridge until ready to serve.

THURSDAY

### One Pan Meatball Casserole



- This meatball casserole can be assembled completely the night before, but I wouldn't do it any sooner than that or the noodles may have a mushy texture after baking.

FRIDAY

### Honey BBQ Chicken Wraps



- Make the honey bbq sauce and set aside until ready to cook.