



MONDAY



Chicken Quesadilla
\$12.90

TUESDAY



Vegetarian Enchiladas
\$19.63

WEDNESDAY



**Chicken with 40
Clove Garlic**
\$11.32

THURSDAY



Ham & Cheee Sliders
\$12.70

FRIDAY



**One Pan Pesto
Chicken & Veggies**
\$13.55

Estimated Total: \$70.10

Produce:

Garlic (3 heads & 2 cloves)
Sweet Potato (2 medium)
Bell Pepper (2 of any color)
Cilantro (1 bunch)
Avocado (1)
Thyme (6 sprigs)
Zucchini (1)
Cherry Tomatoes (1 cup)
Red Onion (1/2)
Baby Broccoli (1 bunch)
Onion (1)

Refrigerated:

Shredded Cheddar Cheese (5 cups, can
sub for Monterey Jack)
Butter (1/2 cup)
Cheese (8 oz swiss or cheddar)
Mozzarella Cheese (1/2 cup)
Optional Toppings for Quesadilla: Salsa,
Sour Cream, Guacamole

Protein:

Chicken Breasts (2 lbs)
Chicken Thighs (6-8)
Sliced Ham (12 slices)

Canned Goods:

Chicken Stock (3 1/4 cup)
Beef Broth (2 cups)
Tomato Sauce (2 1/2 cup)
Black Beans (15 oz can)
Pesto (1/2 cup)

Pantry:

Oil (1/2 cup)
Flour
Olive Oil
Cornstarch (2 tsp)
Hot Sauce
White Wine (1/2 cup, optional)
Dijon (2 tsp)
Worcestershire Sauce (2 tsp)

Bread & Grains:

Flour Tortillas (4 - 8 inches)
Brown Rice (2 cups, cooked)
Large Flour Tortillas (10-12)
Slider Rolls (12)

Seasonings:

Cumin
Chili Powder
Oregano
Bay Leaf
Dry Minced Onion
Salt & Pepper

**Tastes Better
from Scratch™**

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Meal Plan 58

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Belgian Waffles
- Huevos Rancheros
- Snickerdoodle Muffins

LUNCH IDEAS

- Lemon Chicken Pasta
- Lobster Roll
- Healthy Chick Salad
- Lettuce Wraps

SNACK IDEAS

- 7 Layer Bean Dip
- Granola Bites
- Candied Pecans

MONDAY

Chicken Quesadillas



- Shred the cheese and cook and shred the chicken beforehand to make this an even faster meal to throw together.

TUESDAY

Vegetarian Enchiladas



- Make the enchilada filling and store it separately in the refrigerator up to 2 days ahead of time. Assemble enchiladas when ready to bake. You can also make the enchilada sauce several days in advance. Store in the fridge in an airtight container.

WEDNESDAY

Chicken with 40 Clove Garlic



- This meal tastes best fresh but can be made ahead of time and stored in an airtight container for up to 3 days.

THURSDAY

Ham & Cheese Sliders



- You can assemble the sliders completely and refrigerate them (well covered) for 1-2 days, depending on the freshness of your ingredients. Remove from fridge 15 minutes before baking, and bake as instructed.

FRIDAY

One Pan Peso Chicken & Veggies



- You can prep the pesto chicken up to 1 day ahead of time and let it sit in the refrigerator until ready to bake. Store leftovers in an airtight container in the refrigerator for 3-4 days.