



MONDAY



Buffalo Chicken Wraps
\$9.86

TUESDAY



Pork Carnitas
\$17.98

WEDNESDAY



Porkolt (Hungarian Stew)
\$20.67

THURSDAY



Creamy Pesto Tortellini Pasta Salad
\$17.35

FRIDAY



Chicken Divan
\$10.82

Estimated Total: \$76.68

Produce:

Romain Lettuce (2 cups, chopped)
Carrot (1/2 cup, shredded)
Avocado (1/2)
Garlic (4 cloves)
Onions (4)
Orange (2)
Lime (2)
Cherry Tomatoes (1 1/2 cups)
Green Onions (3)
Basil Leaves (6-8 leaves)
Broccoli Florets (2 cups)
Lemon Juice (2 tsp)

Refrigerated:

Cheddar Cheese (1/2 cup)
Sour Cream (1/4 cup)
Three Cheese Tortellini (20 oz)
Parmesan Cheese (2/3 cup)

Protein:

Chicken Breasts (1 lb)
Pork Shoulder (4 lbs)
Chuck Roast (2 lbs)
Chicken Tenders (7)

Canned Goods:

Tomato Sauce (8 oz)
Black Olives (6 oz)
Basil Pesto (1/4 cup)
Cream of Chicken Soup (2 cans or homemade)

Pantry:

Olive Oil
Vegetable Oil
Vinegar (1 tsp)
Mayonnaise (1 cup)
Franks Hot Sauce (1/2 cup)
Blue Cheese or Ranch Dressing (1/2 cup)
Beef Bouillon Paste (2 tsp)
Caesar Salad Dressing (2/3 cup)
Sunflower Seeds (1/3 cup)

Bread & Grains:

Flour Tortillas (4 large)
Tortillas for serving Carnitas
Egg Noodles (1 package or homemade)
Rice (2 cups)

Seasonings:

Paprika
Garlic Powder
Chili Powder
Cumin
Oregano
Hungarian Sweet Paprika (2 Tbsp)
Curry Powder (1 tsp)
Salt & Pepper

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from Scratch™**

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Meal Plan 59

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Broiche French Toast
- Green Smoothie
- Lox Bagel

LUNCH IDEAS

- Broccoli Apple Salad
- Chicken Caesar Wraps
- French Onion Soup

SNACK IDEAS

- Potato Skins
- Baked Brie
- Caramel Apple Dip

MONDAY

Buffalo Chicken Wraps



- The chicken can be made ahead of time and stored in the fridge for up to 3 days. Reheat when ready to serve.

TUESDAY

Pork Carnitas



- Add everything to the pot, cover and refrigerate for 1-2 days before cooking (depending on the freshness of your ingredients).

WEDNESDAY

Porkholt (Hungarian Stew)



- Prepare recipe up until adding the sour cream. Allow to cool and then add to a freezer safe container and put in the fridge for up to 3 days or the freezer for 3-4 months. Thaw overnight in the fridge. Once warm, stir in sour cream.

THURSDAY

Creamy Pesto Tortellini Pasta Salad



- The pasta salad can be made ahead of time and stored in the fridge until ready to serve.

FRIDAY

Chicken Divan



- Prepare recipe up to step 5. Cover and refrigerate up to 1 day ahead. Remove from fridge while your oven preheats. Bake as directed.