



## MONDAY



**Creamy Lemon  
Chicken Piccata**  
\$7.02

## TUESDAY



**Homemade Chicken  
Noodle Soup**  
\$8.33

## WEDNESDAY



**Slow Cooker Ribs**  
\$20.35

## THURSDAY



**Sweet Potato Black  
Bean Enchiladas**  
\$14.84

## FRIDAY



**Chicken Caesar Wrap**  
\$12.21

Estimated Total: \$62.75

### Produce:

Avocado (1)  
Bell Pepper (1)  
Carrots (3 large)  
Celery (2 ribs)  
Cherry Tomatoes (2/3 cup)  
Cilantro  
Garlic (1 tsp + 1 clove)  
Lemons (2)  
Onion (1/4 cup)  
Romaine Lettuce (3 cups)  
Sweet Potatoes (2 small/medium)

### Bread & Grains:

Egg Noodles (Homemade or store bought)  
Breadcrumbs (1/4 cup)  
Cooked Brown Rice (2 cups)  
Flour Tortillas (15 large)  
Hot Cooked Pasta or Mashed Potatoes

### Canned Goods:

Black Beans (15 oz can)  
Chicken Stock or Broth (10 cups)  
Low-Sodium Chicken Broth (1 cup)

### Pantry:

All-Purpose Flour (1/4 cup)  
BBQ Sauce (32 oz or homemade)  
Better than Bouillon Chicken Base (1 tsp)  
Caesar Salad Dressing (1/2 cup)  
Capers (1/4 cup)  
Croutons (1/2 cup)  
Red Enchilada Sauce (1 batch)  
Light Brown Sugar (1 tsp)  
Olive Oil (4 Tbsp)

### Refrigerated:

Butter (2 1/2 Tbsp)  
Cheddar Cheese (2 cups)  
Egg (1 large)  
Parmesan Cheese (1/4 cup)  
Heavy Whipping Cream (3/4 cup)

### Protein:

Pork Ribs (1 rack)  
Boneless Skinless Chicken Breasts (1 lb)  
Cooked Chicken (2 cups)  
Rotisserie Chicken (3 cups)

### Seasonings:

Crushed Red Pepper Flakes  
Rosemary  
Sage  
Garlic Powder  
Onion Powder  
Salt & Pepper

**Tastes Better  
from Scratch™**

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# Meal Plan 68

## PREP INSTRUCTIONS

**Tastes Better  
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### BREAKFAST IDEAS

- Belgian Waffles
- Tomato and Basil Bruschetta
- Egg Salad Sandwich

### LUNCH IDEAS

- Granola Bites
- Instant Pot Applesauce
- Lemon Raspberry Muffins

### SNACK IDEAS

- Crispy Southwest Wrap
- Potato Leek Soup
- Asian Chicken Salad

MONDAY

#### Creamy Lemon Chicken Piccata



- Slice the chicken and store in the fridge until ready to cook

TUESDAY

#### Homemade Chicken Noodle Soup



- This soup is best made ahead of time when you are using homemade egg noodles (they don't get soggy like regular store bought noodles). If using regular dry noodles I recommend making the broth (steps 1-2) first, and then the day of serving boiling the broth and noodles and adding the chicken.

WEDNESDAY

#### Slow Cooker Ribs



- If you are making homemade BBQ sauce, make it and store in the fridge until ready to cook the ribs.

THURSDAY

#### Sweet Potato Black Bean 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

FRIDAY

#### Chicken Caesar Wrap



- Cook the chicken, store in an airtight container in the fridge. Chop all the vegetables and store in the fridge.