



MONDAY



Fajitas
\$8.53

TUESDAY



Cajun Chicken Pasta
\$8.18

WEDNESDAY



Egg Salad Sandwich
\$2.08

THURSDAY



Hawaiian Haystack
(before toppings)
\$10.66

FRIDAY



Shrimp Tacos
\$21.52

Estimated Total: \$50.89

Produce:

Garlic (8 cloves)
Lime (2)
Bell Peppers (3 of any color)
Onion (1 large red or yellow)
Japapeno Pepper (1/2 pepper)
Cilantro Leaves (1/4 cup)
Shredded Cabbage (2 cups)
Fresh Veggies for Cajun Pasta
Lettuce (optional for egg salad)
Tomato (1 optional for egg salad)

Refrigerated:

Butter (2 Tbsp)
Cream Cheese (4 oz)
Milk (3 1/2 cups)
Parmesan Cheese (3/4 cup)
Eggs (6 large)
Mayonnaise (4 Tbsp)
Plain Greek Yogurt (3/4 cup)
Toppings for Hawaiian Haystacks
(pineapple, cheese, olives, tomatoes,
coconut, chow mein noodles)

Toppings for Fajitas & Shrimp Tacos
(salsa, pico de gallo, guacamole,
avocado, sour cream, cilantro)

Pantry:

Chicken Bouillon Paste (2 tsp)
Liquid Smoke (optional)
Oil (3 Tbsp)
Yellow Mustard (1 tsp)
Cornstarch (3 Tbsp)
Olive Oil (1/4 cup)
White Vinegar (1/2 Tbsp)

Protein:

1 1/2 lbs meat for fajitas (steak, chicken
or shrimp)
Chicken Breasts (2 lb)
Shrimp (1 1/2 lbs)

Bread & Grains:

Flour Tortillas (fajitas)
Farfalle Pasta (8 oz)
Sandwich Bread
Rice
Corn Tortillas (10-12 small)

Seasonings:

Chili Powder
Cumin
Smoked Paprika
Oregano
Cajun Seasoning
Onion Powder
Garlic Powder
Cayenne
Salt & Pepper

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from Scratch™**

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Meal Plan 60

PREP INSTRUCTIONS

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BREAKFAST IDEAS

- Healthy Chocolate Muffins
- Vanilla Protein Shake
- Breakfast Taquitos

LUNCH IDEAS

- Croque Madame
- Pink Sauce Pasta
- Chicken Caesar Pasta Salad

SNACK IDEAS

- Cucumber Onion Salad
- Beer Bread
- Applesauce

MONDAY

Fajitas



- Chop the vegetables and meat and store separately in the refrigerator up to 1 day before cooking. Fajita seasoning can be made and stored in an airtight container in the cupboard for up to six months.

TUESDAY

Cajun Chicken Pasta



- To make this cajun chicken pasta ahead of time, prep steps 2-4 of the recipe (make the creamy sauce with cooked vegetables and chicken). Allow it to cool and store in the refrigerator. When ready to serve, cook noodles, reheat sauce and stir in pasta and cheese.

WEDNESDAY

Egg Salad Sandwich



- Can be made ahead of time, keep in an airtight container in the fridge for up to 5 days, depending on the freshness of the eggs.

THURSDAY

Hawaiian Haystacks



- Steam the rice, cook the chicken, and make the sauce up to 1 day ahead of time. Store rice and gravy separately in airtight containers in the refrigerator.

FRIDAY

Shrimp Tacos



- The shrimp taco sauce can be made up to 3 days ahead of time, stored in the refrigerator. Shrimp taco marinade can also be made a few days ahead and stored in the refrigerator.