



MONDAY



Shredded Beef Enchiladas
\$25.58

TUESDAY



Croque Monsieur
\$12.12

WEDNESDAY



Tomato Basil Pasta
\$7.86

THURSDAY



Chicken Fajita Pasta
\$11.38

FRIDAY



Veggie Pizza
\$17.93

Estimated Total: \$74.87

Produce:

Garlic (8 cloves)
Roma Tomatoes (2 lbs)
Fresh Basil (1 cup, chopped)
Lemon Juice (3 Tbsp)
Onion (1)
Green Bell Pepper (1)
Red Bell Pepper (2)
Baby Spinach
Zucchini (1/2)
Purple Onion
Cherry Tomatoes (handful)

Pantry:

Cornstarch (2 Tbsp)
Olive Oil
Canola or Vegetable Oil
Salsa (1 cup)
Dijon Mustard (1/4 tsp)

Protein:

Chuck Roast (2 1/2 lb)
Ham (5 oz, sliced)
Chicken Breasts (1 lb)

Canned Goods:

Beef Broth (2 cups)
Chicken Broth (2 cups)
Diced Tomatoes (14.5 oz)

Refrigerated:

Cheddar (1 cup, shredded)
Monterey Jack (1 cup)
Gruyere Cheese (6 oz)
Parmesan Cheese (3/4 cup)
Milk (1/2 cup)
Pesto (1/2 cup)
Mozzarella (1 cup)
Optional: Salsa & Sour Cream
Cream (fajita pasta)
Butter (1/4 cup)
Whole Milk (1 1/2 cup)
Optional: Additional toppings for pizza

Bread & Grains:

Flour Tortillas (10-12)
Thick White Sandwich Bread (8 slices)
Spaghetti Noodles (12 oz)
Penne (8 oz)
Pizza Dough (homemade or store bought)

Seasonings:

Cumin
Onion Powder
Garlic Powder
Oregano
Nutmeg
Salt & Pepper

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from Scratch™**

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Meal Plan 63

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Crab Cake Benedict
- Homemade Scones
- Breakfast Taquitos

LUNCH IDEAS

- Applebee's Salad
- Mexican Torta
- Potato Leek Soup

SNACK IDEAS

- Granola Bites
- Blueberry Muffins
- Vanilla Protein Shake

MONDAY

Shredded Beef Enchiladas



- Can be made ahead of time, store the sauce separate. Cover and place in the fridge for up to 3 days. When ready to heat, add the sauce on top.

TUESDAY

Croque Monsieur



- The béchamel can be made one day in advance to cut down on prep. Make it as instructed, allow it to cool. Place plastic wrap directly onto surface and chill.

WEDNESDAY

Tomato Basil Pasta



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

THURSDAY

Chicken Fajita Pasta



- Pasta can be made ahead of time and stored in an airtight container for up to 3 days.

FRIDAY

Veggie Pizza



- Prepare the crust ahead of time and store it in the fridge or freezer. I also like to cut the veggies ahead to make this veggie pizza extra quick to throw together.