



MONDAY



Chicken Alfredo Stuffed Shells
\$13.37

TUESDAY



Lasagna Soup
\$17.07

WEDNESDAY



Chicken Caesar Wrap
\$12.21

THURSDAY



Lemon Blueberry Pancakes
\$4.38

FRIDAY



Turkey Burgers
\$5.53

Estimated Total: \$52.56

Produce:

Blueberries (1 cup)
Cherry Tomatoes (2/3 cup)
Fresh Basil
Broccoli (1 1/2 cup)
Spinach (2 cups)
Garlic (6 cloves)
Lemon (1)
Romaine Lettuce (3 cups)
Yellow Onion (1)

Refrigerated:

Butter (5 Tbsp)
Buttermilk (2 cups)
Eggs (4)
Parmesan Cheese (1 1/2 cup)
Heavy Whipping Cream (1 cup)
Ricotta Cheese (10 oz)
Mozzarella Cheese (1 3/4 cup)
Whole Milk (1 1/4 cup)
Optional: Toppings for Burgers

Canned Goods:

Marinara Sauce (24 oz or homemade)
Chicken Broth (7 cups)
Tomato Paste (2 Tbsp)

Pantry:

All-Purpose Flour (2 cups)
Baking Powder (2 1/2 tsp)
Baking Soda (1/2 tsp)
Canola Oil
Sugar (3 Tbsp)
Ketchup (1 1/2 Tbsp)
Olive Oil
Vanilla Extract
Caesar Salad Dressing (1/2 cup)
Condiments & Toppings for Burgers
Dijon Mustard (1 Tbsp)
Worcestershire Sauce (1 tsp)

Protein:

Cooked Chicken (4 1/2 cups)
Ground Italian Sausage (1/2 lb)
Lean Ground Beef (1/2 lb)
Lean Ground Turkey (1 lb)

Bread & Grains:

Bread Crumbs (1/3 cup)
Buns (4)
Croutons (1/2 cup)
Flour Tortillas (5 large)
Jumbo Pasta Shells (12 oz)
Lasagna Noodles (9)

Seasonings:

Basil
Oregano
Parsley
Garlic Powder
Onion Powder
Red Pepper Flakes
Salt & Pepper

**Tastes Better
from Scratch™**

Want to swap out a recipe or add a side? Add this meal plan to your collection! **Register** for a free account or **login** to get started!

Meal Plan 66

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Freezer Breakfast Sandwich
- Lemon Ricotta Pancakes
- Quiche Lorraine

LUNCH IDEAS

- Cashew Chicken Lettuce Wraps
- Meatloaf Sandwich
- Honey Mustard Chicken Salad

SNACK IDEAS

- Healthy Applesauce Oat Muffins
- Instant Pot Applesauce
- Blueberry Muffins

MONDAY

Chicken Alfredo Stuffed Shells



- Assemble chicken alfredo stuffed shells through step 8 of the recipe, just before baking. Cover pan and refrigerate until ready to bake.

TUESDAY

Lasagna Soup



- Make the recipe up to step 4. Do not add the noodles to the pot. Store the soup in the refrigerator. When ready to serve, start at step 5, bringing the soup to a boil and cooking the noodles at that point. Serve with a dollop of cheese.

WEDNESDAY

Chicken Caesar Wrap



- Filling can be made ahead of time and stored in airtight container for up to 3 days before serving.

THURSDAY

Lemon Blueberry Pancakes



- Pancakes can be made ahead of time and stored in the freezer. Allow the pancakes to cool, then lay on a baking sheet and flash freeze them, uncovered, for 30 minutes (flash freezing them first prevents them from sticking together once frozen) Transfer partially frozen pancakes to a freezer safe bag or container and freeze for up to 3-4 months. For best results, reheat in a warm oven, or toaster over. Reheating in the microwave on defrost for a few seconds will also work

FRIDAY

Turkey Burgers



- Make burger through step 2 of the recipe, just before cooking. Place them on a baking sheet lined with parchment paper and cover them with plastic wrap. Refrigerate for up to 1 day before baking.