



## MONDAY



**Tuna Noodle Casserole**  
\$7.63

## TUESDAY



**Easy Beef Stroganoff**  
\$11.58

## WEDNESDAY



**Honey Mustard  
Chicken Salad**  
\$12.38

## THURSDAY



**Chicken Caprese**  
\$14.27

## FRIDAY



**Mini Meatloaf**  
\$11.54

Estimated Total: \$57.40

### Produce:

Celery (1 rib)  
Lemon Juice (3 Tbsp)  
Parsley Leaves (2 Tbsp)  
Garlic (3 cloves)  
Large Green Salad (4 servings)  
Onion (2)  
Red Onion (1/3 cup)  
Scallion (1)  
Tomato (2)  
White Button Mushrooms (8 oz)

### Refrigerated:

Butter (5 Tbsp)  
Egg (1)  
Mozzarella Cheese Ball (8 oz)  
Frozen Peas (3/4 cup)  
Milk (1 cup)  
Sour Cream (1/3 cup)

### Protein:

Chicken Breasts (3)  
Chicken Tenders (4)  
Ground Beef (2 1/2 lbs)

### Canned Goods:

Albacore Tuna, packed in water (5 oz)  
Cream of Mushroom Soup (10.5 oz can)  
Beef Broth (1 1/2 cups)  
Chicken Broth (14.5 oz can)

### Pantry:

Balsamic Vinegar (1/3 cup)  
Barbeque Sauce (1 Tbsp)  
Dijon Mustard (5 Tbsp)  
Light Mayo (1 cup)  
Mustard (1 Tbsp)  
Flour (4 Tbsp)  
Honey (4 Tbsp)  
Ketchup (1/2 cup)  
Brown Sugar (1/2 cup)  
Olive Oil

### Bread & Grains:

Egg Noodles or Rice (for serving)  
Corn Flakes Cereal (2 cups)  
Medium Shell Pasta (8 oz)  
Panko Bread Crumbs (2/3 cup)  
Ritz Crackers (1/2 cup)

### Seasonings:

Chili Powder  
Basil  
Dill Weed  
Oregano  
Garlic Powder  
Nutmeg  
Kosher Salt  
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 67

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- Breakfast Potato Boat
- Protein Pancakes
- Healthy Banana Bread Muffins

### LUNCH IDEAS

- Italian Pasta Salad
- Brussels Sprout Salad
- Veggie Wrap

### SNACK IDEAS

- Tomato and Basil Brushetta
- Elotes Recipe
- Chocolate Protein Shake

MONDAY

#### Tuna Noodle Casserole



- Cook the noodles, sauté the vegetables, and make the sauce. Store everything separately until ready to assemble, and bake.

TUESDAY

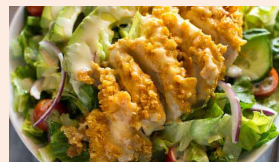
#### Easy Beef Stroganoff



- To make ahead, make the sauce up until the last step of adding the sour cream. Store in the refrigerator for 1-3 days, (depending on the freshness of your ingredients). Reheat on the stovetop over medium-low heat, and stir in the sour cream.

WEDNESDAY

#### Honey Mustard Chicken Salad



- The honey mustard dressing keeps for one week, stored in the refrigerator. The chicken can be prepared up until the baking step, 1 day in advance.

THURSDAY

#### Chicken Caprese



- Chicken can be made ahead of time and leftovers can be stored in an airtight container in the refrigerator for up to 3 days. I enjoy the cold chicken chopped over salad greens, for lunch!

FRIDAY

#### Mini Meatloaf



- Combine meatloaf ingredients and then press into a muffin tin. Cover with plastic wrap, and refrigerate until ready to bake, or up to overnight.