



## MONDAY



**Sheet Pan Fajitas**  
\$16.62

## TUESDAY



**Cheeseburger Pizza**  
\$14.82

## WEDNESDAY



**Grilled Chicken & Southwest Quinoa Salad**  
\$20.10

## THURSDAY



**Penne Arrabbiata**  
\$4.82

## FRIDAY



**One Pan Baked Salmon & Veggies**  
\$19.02

Estimated Total: \$75.38

### Produce:

Avocado (1)  
Bell Pepper (3)  
Cherry Tomatoes (1 1/2 cups)  
Onion (1/3 cup)  
Flat-Leaf Parsley (1/2 cup)  
Basil Leaves (6)  
Cilantro (1/2 cup)  
Green Beans (1 lb)  
Lemon Juice (2 Tbsp)  
Garlic (8 cloves)  
Green Onions (5)  
Limes (3)  
Lemon Slices (1 lemon)  
Small Red/Yellow Potatoes (1 lb)  
Yellow Onion (1)

### Refrigerated:

Parmesan Cheese (1/2 cup)  
Mozzarella (5 cups, shredded)

### Protein:

Chicken Breasts (3 1/2 lb)  
Ground Beef (1 lb)  
Salmon Fillets (1 1/2 lbs)

### Canned Goods:

Black Beans (15 oz can)  
Tomato Paste (2 Tbsp)  
Sliced Dill Pickle Coins (2/3 cup)  
Vegetable Broth (2 cups)  
Whole Peeled Tomatoes (29 oz can)

### Pantry:

Dijon Mustard (1 1/2 tsp)  
Ketchup (2/3 cup)  
Olive Oil (1/2 cup)  
Soy Sauce (1/2 cup)  
Mayonnaise (1 1/2 Tbsp)  
Mustard (1/3 cup)  
Oil (3/4 cup)  
Horseradish (1 tsp)  
Sprite (12 oz)  
Desired Fajita Toppings

### Bread & Grains:

Flour Tortillas (8 small)  
Penne Rigata  
Pizza Dough (store bought or homemade)  
Quinoa (1 cup)

### Seasonings:

Cayenne  
Chili Powder  
Crushed Red Pepper Flakes  
Cumin  
Oregano  
Garlic Powder  
Onion Powder  
Paprika  
Sea Salt  
Salt & Pepper

**Tastes Better  
from Scratch™**

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# Meal Plan 69

## PREP INSTRUCTIONS

**Tastes Better  
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### BREAKFAST IDEAS

- Strawberry Crepes
- German Pancakes
- Eggs Florentine

### LUNCH IDEAS

- Banh Mi
- Instant Pot Cajun Pasta
- Chili Lime Chicken Wraps

### SNACK IDEAS

- Orzo Salad
- Watermelon Salad
- Bran Muffins

MONDAY

#### Sheet Pan Fajitas



- Slice all of the veggies and cut the chicken and store them separately in the refrigerator until ready to bake. Make the seasoning up to several days in advance and store it in a jar at room temperature.

TUESDAY

#### Cheeseburger Pizza



- Completely make the pizza dough, including pre-baking it in the oven for 6 minutes. Top with cheeseburger pizza toppings, cover well with plastic wrap and refrigerate for several hours, until ready to bake your pizza.

WEDNESDAY

#### Grilled Chicken & Quinoa Salad



- Marinate chicken 3-6 hours ahead of time depending on the type of chicken you choose. Place marinating chicken in the refrigerator and remove 20 minutes prior to cooking to allow it to come to room temperature.

THURSDAY

#### Penne Arrabbiata



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

FRIDAY

#### One Pan Baked Salmon and Veggies



- Make the sauce, put in an airtight container in the fridge until ready to cook.