



MONDAY



Tuscan Chicken Pasta
\$12.88

TUESDAY



Roasted Tomato Soup
\$18.73

WEDNESDAY



Meatloaf
\$14.99

THURSDAY



Baked Tacos
\$16.26

FRIDAY



Black Bean Quesadillas
\$6.98

Estimated Total: \$69.84

Produce:

Red Bell Pepper (1 1/4)
Basil Leaves (2 cups)
Garlic Cloves (10)
Onion (4)
Ripe Plum Tomatoes (3 lbs)
Roma Tomatoes (2)
Romain Heart (1)
Minced Garlic (1 Tbsp)
Spinach Leaves (1 1/2 cup)

Refrigerated:

Butter (3 Tbsp)
Cheddar Cheese (4 cups)
Corn (1 cup, frozen)
Eggs (2 large)
Heavy Cream (1/2 cup)
Milk (3/4 cup)
Parmesan (1/2 cup)
Optional Garnishes: Parmesan, Basil,
Sour Cream

Protein:

Ground Beef (3 Tbsp)
Chicken Tenders (1 1/2 lbs)

Canned Goods:

Black Beans (15 oz)
Chicken Broth (4 1/2 cup)
Pinto Beans (16 oz)
Tomato Sauce (8 oz)
Whole Plum Tomatoes (28 oz)

Pantry:

Dijon Mustard (1 tsp)
Salsa (1/4 cup)
Worcestershire Sauce (2 Tbsp)
Flour
Olive Oil
Ketchup (3/4 cup)
Light Brown Sugar (1/2 cup)

Bread & Grains:

Breadcrumbs (1/2 cup)
Flour Tortillas (4 large)
Taco Shells (20 hard)
Dry Pasta (1 lb)

Seasonings:

Chili Powder
Crushed Red Pepper Flakes
Cumin
Oregano
Sage
Thyme
Garlic Powder
Nutmeg
Paprika
Basil
Onion Powder
Italian Seasoning
Salt & Pepper

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from Scratch™**

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Meal Plan 70

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Egg Salad Sandwich
- Homemade Scones
- Breakfast Casserole

LUNCH IDEAS

- Vegetable Tortellini Soup
- Southwest Quinoa Salad
- Cashew Chicken Lettuce Wraps

SNACK IDEAS

- Instant Pot Applesauce
- Snickerdoodle Muffins
- Garlic & Parmesan Kale Chips

MONDAY

Tuscan Chicken Pasta



- The sauce could be made 1-2 days ahead of time, stored in the refrigerator. The chicken can be coated in flour mixture a few hours ahead of time.

TUESDAY

Roasted Tomato Soup



- Roasted tomato soup can be made a few days ahead of time, stored in the fridge. I think it even tastes better as it sits and the flavors have time to blend.

WEDNESDAY

Meatloaf



- Make meatloaf and shape into loaf pan 1-2 days ahead of time. Cover and store in the refrigerator until ready to bake. Allow it to come to room temperature before baking. You can also make the meatloaf sauce several days ahead of time and store it in the refrigerator.

THURSDAY

Baked Tacos



- The taco meat filling can be made 2-3 days in advance (depending on the freshness of your ingredients), stored in the fridge. When ready to use, fill tacos and bake as instructed. Assembled tacos, in the shells, will keep for a few hours stored in covered in the refrigerator (the taco shells will start to soften too much if assembled for longer than a few hours before baking).

FRIDAY

Black Bean Quesadillas



- Filling can be made ahead of time and stored in an airtight container for up to 3 days. Heat when ready to serve.