



## MONDAY



**Chicken Cordon Bleu**  
\$11.83

## TUESDAY



**Buttermilk Pancakes**  
\$1.99

## WEDNESDAY



**Mac & Cheese**  
\$3.34

## THURSDAY



**Crispy Southwest Wraps**  
\$11.82

## FRIDAY



**Sun Dried Tomato Pasta**  
\$8.75

Estimated Total: \$37.73

### Produce:

Baby Spinach Leaves (2.5 oz)  
Corn (1 cup)  
Basil (1/3 cup, chopped)  
Garlic (4 cloves)  
Green Onion (1)  
Red Bell Pepper (1/2)

### Refrigerated:

Butter (15 Tbsp)  
Buttermilk (2 cups)  
Eggs (2 large)  
Cheddar Cheese (4 cups, shredded)  
Half & Half (3/4 cup)  
Parmesan Cheese (1 heaping cup)  
Milk - not skim (3 1/2 cups + 2 Tbsp)  
Sour Cream (1/2 cup)  
Swiss Cheese (8 oz)

### Protein:

Chicken Breast (4)  
Ground Beef (1 lb)  
Ham (8 thin slices)

### Canned Goods:

Black Beans (15 oz can)  
Chicken or Veggie Broth (1 1/4 cup)

### Pantry:

Flour (2 cups + 6 Tbsp)  
Baking Powder (1 1/2 tsp)  
Baking Soda (3/4 tsp)  
Mayonnaise (1 cup)  
Sun Dried Tomatoes (1/2 cup)  
Yellow Mustard (1 tsp)

### Bread & Grains:

Cooked Rice (1 cup)  
Corn Flakes Cereal (3 cups)  
Flour Tortillas (6 large)  
Penne Pasta (1 lb)  
Elbow Pasta (1/2 lb)

### Seasonings:

Chili Powder  
Crushed Red Pepper Flakes  
Cumin  
Basil  
Parsley Flakes  
Garlic Powder  
Italian Seasoning  
Salt & Pepper

**Tastes Better  
from Scratch™**

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# Meal Plan 71

## PREP INSTRUCTIONS

**Tastes Better  
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### BREAKFAST IDEAS

- Sour Cream Coffee Cake
- Breakfast Quesadillas
- 5 minute Whole Wheat Pancakes

### LUNCH IDEAS

- Croque Madame
- Spinach Avocado Pasta Salad
- Creamy Chicken & Wild Rice Soup

### SNACK IDEAS

- Cranberry Orange Muffins
- Baked Brie
- Potato Skins

MONDAY

#### Chicken Cordon Bleu



- Prepare the recipe through step 4 (wrapping stuffed chicken breasts and placing them in the refrigerator). Store for up to one day and prepare as directed.

TUESDAY

#### Buttermilk Pancakes



- Pancakes can be made ahead of time. Keep leftovers in the refrigerator for 2-3 days. Reheat for a few seconds in the microwave or in the toaster oven.

WEDNESDAY

#### Mac & Cheese



- Can be made ahead of time and stored in the fridge for up to 3 days or it can be stored in the freezer.

THURSDAY

#### Crispy Southwest Wrap



- You can make the filling in advance, just store it in an airtight container in the fridge. Assemble and pan-fry when ready to serve! Or, the entire wraps could be assembled a few hours ahead of time, and pan-fried when ready to eat.

FRIDAY

#### Sun-dried Tomato Pasta



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