



Estimated Total: \$68.43

Produce:

Garlic (4 cloves)
Parsley (optional for garnish)
Bell Pepper (1)
Zucchini (1)
Cherry Tomatoes (1 cup)
Red Onion (1/2)
Baby Broccoli
Yellow Onion (1)
Corn (4 cups, fresh or frozen)
Potato (1 large)
Optional Add-Ins for Roast: Carrots, Potatoes, Onions, Mushrooms, etc)
Optional Calzone Toppings: Olives, Mushrooms, etc.

Pantry:

Oil (4 Tbsp)
Active Dry Yeast (2 1/4 tsp)
Sugar
Pizza Sauce (store bought or homemade)
Olive Oil (3 Tbsp)
White Vinegar (1 tsp)
Bread Flour (4 cups)
Dry Onion Soup Mix (1 envelope or homemade)
Pesto (1/2 cup)

MONDAY



Pot Roast
\$24.84

TUESDAY



Corn Chowder
\$8.67

WEDNESDAY



One Pesto Chicken & Vegetables
\$11.29

THURSDAY



Shrimp Alfredo
\$18.00

FRIDAY



Calzone (Ingredients for pizza dough included in list)
\$5.63

Canned Goods:

Cream of Chicken/ Mushroom Soup (2 cans or 2 batches homemade)
Chipotle Peppers in Adobo sauce (1-2 peppers)
Mild Diced Green Chiles (4 oz. can)
Low Sodium Chicken Broth (4 cups)

Protein:

Chuck Roast (4-5 lbs)
Shrimp (1.5 lbs large)
Chicken Breast (1 lb)
Bacon (3-4 slices)
Desired Calzone Toppings: Pepperoni, Bacon

Refrigerated:

Butter (6 Tbsp)
Heavy Cream (2 cups)
Parmesan Cheese (4 oz and 2 Tbsp)
Mozzarella Cheese (2 1/2 cups)
Half & Half, Cream or Whole Milk (1 1/2 cups)

Bread & Grains:

Fettucine Noodles (1 lb)
Cornmeal (3-4 Tbsp)

Seasonings:

Italian Seasoning
Salt & Pepper

**Tastes Better
from Scratch™**

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Meal Plan 72

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Cottage Cheese Pancakes
- Air Fryer French Toast
- Freezer Breakfast Sandwich

LUNCH IDEAS

- Italian Pasta Salad
- Orzo Salad
- Buffalo Chicken Wrap

SNACK IDEAS

- Street Corn Dip
- Lemon Blueberry Bread
- Baked Potato Salad

MONDAY

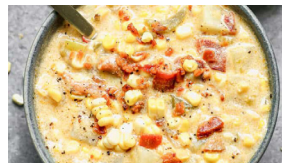
Pot Roast



- This recipe can be assembled (but not cooked) 1-2 days in advance (depending on freshness of meat). Place everything in the pot, cover and refrigerate until ready to cook.

TUESDAY

Corn Chowder



- Corn chowder tastes great up to one week later, so it's a great soup to make ahead of time!

WEDNESDAY

One Pan Pesto Chicken & Veggies



- You can prep the pesto chicken up to 1 day ahead of time and let it sit in the refrigerator until ready to bake. Store leftovers in an airtight container in the refrigerator for 3-4 days.

THURSDAY

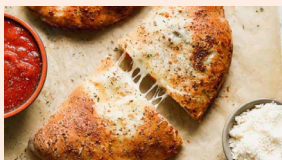
Shrimp Alfredo



- This meal tastes best fresh but can be stored in the fridge for up to 3 days.

FRIDAY

Calzones



- Pizza dough can be made up to 3 days in advance and refrigerated. Chop and prepare filling ingredients up to 3 days in advance, depending on freshness of ingredients. Pizza sauce can be made 1 week ahead.