



MONDAY



Clam Chowder
\$15.77

TUESDAY



Meatball Subs
\$15.15

WEDNESDAY



Chicken Parmesan
\$9.85

THURSDAY



Homemade Chili
\$19.70

FRIDAY



Southwest Vegetarian Stuffed Peppers
\$16.33

Estimated Total: \$76.80

Produce:

- Russet Potatoes (1 1/2 lb)
- Onion (1 medium, yellow)
- Celery (3 ribs)
- Red Bell Pepper (1/2)
- Green Bell Pepper (1/2)
- Garlic (25 cloves)
- Fresh Basil (for serving)
- Onions (1 large & 1 small)
- Sweet Bell Peppers (6 red, yellow and orange)
- Green Onions (2)
- Cilantro (1/4 cup, chopped)

Protein:

- Ground Beef or Turkey (1 lb)
- Chicken Breast (2 breasts)
- Ground Beef (2 lbs)
- Pork Sausage (1 lb)

Bread & Grains:

- Saltine Crackers (1/2 cup, crushed)
- Hoagie or Sub Rolls (5)
- Panko Bread Crumbs (1 cup)
- Italian Style Bread Crumbs (1 cup)
- Cooked Rice (1 1/2 cups)

Canned Goods:

- Chopped Clams (4 - 6.5 oz cans)
- Chicken Broth (1 cup)
- Beef Broth (1/4 cup)
- Crushed Tomatoes (18 oz can)
- Marinara (24 oz can or homemade)
- Petite Diced Tomatoes (14.5 oz can)
- Tomato Juice (4 cups)
- Pinto Beans (2 - 15 oz cans)
- Diced Tomatoes with Green Chilies (14.5 oz)

Seasonings:

- Bay Leaves
- Parsley Flakes
- Oregano
- Garlic Powder
- Basil
- Crushed Red Pepper Flakes
- Garlic Salt
- Chili Powder
- Paprika
- Cumin
- Cayenne Pepper
- Kosher Salt
- Salt & Pepper

Refrigerated:

- Butter (4 Tbsp)
- Milk (1 cup)
- Half & Half (1 cup)
- Eggs (3)
- Provolone Cheese (10 slices)
- Parmesan Cheese (1/2 cup)
- Mozzarella Cheese (1 cup, shredded)
- Cheddar (1 1/2 cups, shredded + topping for Chili)
- Sour Cream (optional for Chili)
- Corn (1 cup, frozen)

Pantry:

- Ketchup (1 cup)
- Olive Oil (4 Tbsp)
- Flour (1 1/4 cup)
- Red Wine Vinegar (5 Tbsp)
- Sugar (1 tsp)
- Oil (3 Tbsp)
- Brown Sugar (1 Tbsp)



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Meal Plan 73

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Crab Cake Benedict
- Blueberry Muffins
- Breakfast Quesadillas

LUNCH IDEAS

- Pizza Pasta Salad
- Monte Cristo Sandwich
- Baked Potato Salad

SNACK IDEAS

- Cranberry Orange Muffins
- Instant Pot Yogurt
- Vanilla Protein Shake

MONDAY

Clam Chowder



- The vegetables can all be chopped ahead of time to make dinner time even quicker, or make the entire soup ahead of time and store in refrigerator until ready to eat.

TUESDAY

Meatball Subs



- The homemade meatballs and the sauce can both be made in advance and kept in the fridge for 2 days.

WEDNESDAY

Chicken Parmesan



- Make the marinara sauce several days in advance. Butterfly and bread the chicken, and store covered in the fridge a few hours ahead of time.

THURSDAY

Homemade Chili



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

FRIDAY

Southwest Veggie Stuffed Peppers



- These stuffed peppers can be made 1-2 days ahead of time. Make the recipe through step 6, fill the peppers with filling, top them with cheese and store, covered, in the refrigerator.