



MONDAY



Crock Pot Baked Ziti
\$12.28

TUESDAY



Chicken Quesadillas
\$12.92

WEDNESDAY



Pork Chops with Creamy Mustard Sauce
\$7.93

THURSDAY



Tuna Melt
\$6.55

FRIDAY



Roasted Tomato Soup
\$18.73

Estimated Total: \$58.41

Produce:

Lemon Juice (4 tsp)
Garlic (7 cloves)
Fresh Basil (1/2 cup plus extra for topping)
Red Onion (2 Tbsp)
Avocado & Tomato (optional for tuna melt)
Ripe Plum Tomatoes (3 lbs)
Onion (2 yellow)
Fresh Basil Leaves (2 cups)

Refrigerated:

Cheese (3 cups shredded cheddar or monterey jack)
Half & Half (2/3 cup)
Cream Cheese (4 oz)
Sour Cream (1/4 cup)
Ricotta (1/2 cup)
Parmesan (1 1/2 cup)
Mozzarella (1 cup, shredded)
Sliced Cheese (4 slices of your favorite)
Butter (2 Tbsp)
Toppings for Quesadillas: Salsa, Guacaole, Sour Cream, etc.
Optional Garnishes: Grated Parmesan, Fresh Basil

Canned Goods:

Chicken Stock (3/4 cup)
Chicken Broth (4 1/2 cup)
Marinara (2 - 24 oz jars or 2 batches homemade)
Tomato Sauce (16 oz)
Albacore White Tuna (12 oz canned)
Whole Plum Tomatoes (28 oz can)

Pantry:

Hot Sauce (1-2 Tbsp)
Dijon Mustard (1 Tbsp)
Mayonnaise (1/3 cup)
Flour (1 1/2 Tbsp)
Olive Oil (1/4 cup + 2 Tbsp)

Bread & Grains:

Flour Tortillas (4 - 8 inch)
Ziti (16 oz)
Thick Cut White Sandwich Bread (4 slices)

Seasonings:

Cumin
Chili Powder
Salt & Pepper
Dried Oregano Leaves
Crushed Red Pepper Flakes
Dried Thyme

Protein:

Chicken (2 cups, cooked)
Pork Chops (4 boneless, 1/2 inch thick)

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Meal Plan 81

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Blueberry Coffee Cake
- Belgian Waffles
- Breakfast Quesadillas

LUNCH IDEAS

- Asian Chicken Salad
- Thai Chicken Lettuce Wraps
- Taco Soup

SNACK IDEAS

- Rice Krispie Treats
- Street Corn Dip
- Applesauce Oat Muffins

MONDAY

Crock Pot Baked Ziti



- The ricotta cheese mixture and the pasta sauce can be made ahead of time and kept in the fridge in separate airtight containers until ready to assemble and cook.

TUESDAY

Chicken Quesadillas



- Shred the cheese and cook and shred the chicken beforehand to make this an even faster meal to throw together.

WEDNESDAY

Pork Chops with Mustard Sauce



- Store cooked pork chops in a sealed container in the refrigerator for 2-3 days. Reheat when ready to serve.

THURSDAY

Tuna Melt



- The tuna filling can be made ahead of time and kept in the fridge. This makes for an even quicker lunch!

FRIDAY

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.