

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)



Want to swap out a recipe or add a side? Add this meal plan to your collection! **Register** for a free account or **login** to get started!

### Meal Plan 81 PREP INSTRUCTIONS

## **Tastes Better** from Scratcl

#### **BREAKFAST IDEAS**

- **Blueberry Coffee Cake** •
- **Belgian Waffles**
- Breakfast Quesadillas



- Taco Soup ٠





**Pork Chops with** 

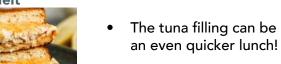
**Mustard Sauce** 

Shred the cheese and cook and shred the chicken beforehand to make this an ٠ even faster meal to throw together.

assemble and cook.

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





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

The tuna filling can be made ahead of time and kept in the fridge. This makes for

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

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.

- Asian Chicken Salad
- Thai Chicken Lettuce Wraps

#### **SNACK IDEAS**



THURSDAY

FRIDAY

MONDAY

TUESDAY





