



MONDAY



Breakfast Taquitos
\$7.62

TUESDAY



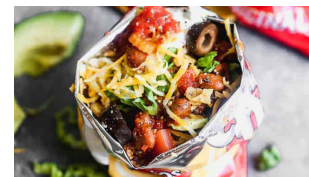
Chicken Divan
\$10.83

WEDNESDAY



Million Dollar Spaghetti
\$14.84

THURSDAY



Walking Tacos
\$14.81

FRIDAY



Cajun Chicken & Sausage Kabobs
\$14.40

Estimated Total: \$62.50

Produce:

Avocado (1)
Bell Pepper (3)
Celery (1 rib)
Broccoli Florets (2 cups)
Garlic Cloves (2 cloves + 1 tsp)
Lemon Juice (2 tsp)
Onion (1 small)
Red Onion (1)
Romaine Heart (1)
Tomato (1 large)
Yellow Onion (1/2)
Zucchini (1)

Refrigerated:

Butter (3 Tbsp)
Cottage Cheese (1 cup)
Cream Cheese (8 oz)
Parmesan Cheese (2/3 cup, grated)
Shredded Cheddar Cheese (2 1/2 cups)
Shredded Mozzarella Cheese (2 cups)
Sour Cream (1/4 cup)
Eggs (5 large)

Bread & Grains:

Spaghetti Noodles (16 oz)
Long Grain White Rice (2 cups)
White Corn Tortillas (10)

Canned Goods:

Chili Beans (16 oz can)
Cream of Chicken Soup (2 cans or homemade)
Crushed Tomatoes (14.5 oz can)
Marinara Sauce (24 oz)
Sliced Olives (1 small can)

Pantry:

Olive Oil (2 tsp)
Fritos Corn Chops (5 - 1 oz bags)
Mayonnaise (1 cup)
Salsa)

Protein:

Andouille Sausages (12 oz package)
Boneless Skinless Chicken Breasts (1 lb)
Ground Beef (1 lb)
Ground Italian Sausage (1/2 lb)
Lean Ground Beef (1/2 lb)
Chicken Tenders (7)
Fully Cooked Sausage Links (7 oz box)

Seasonings:

Cayenne Pepper
Chili Powder
Red Pepper Flakes
Curry Powder
Oregano Leaves
Thyme
Garlic Powder
Cumin
Onion Powder
Paprika
Salt & Pepper

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from Scratch™**

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Meal Plan 89

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Strawberry Crepes
- Sour Cream Coffee Cake
- Eggs Benedict

LUNCH IDEAS

- Orzo Salad
- Cuban Sandwich
- Crispy Southwest Wrap

SNACK IDEAS

- Rice Krispie Treats
- Street Corn Dip
- Cranberry Orange Muffins

MONDAY

Breakfast Taquitos



- Make taquitos up to the baking step and store covered in the refrigerator for several hours until ready to bake.

TUESDAY

Chicken Divan



- Prepare casserole up to 2 days ahead of time, depending on freshness of ingredients, and store covered, in the fridge. Remove from fridge 30 minutes before baking, then bake as directed. All elements of the recipe could be made ahead and stored separately; the rice, cooked chicken, steamed broccoli, and sauce, and assembled when desired.

WEDNESDAY

Million Dollar Spaghetti



- You can prepare this spaghetti casserole 1 day ahead of time. Follow recipe instructions up to step 8 (just before baking). allow it to cool, cover it well with plastic wrap and store it in the refrigerator until ready to bake. Or, prep the sauce, noodles and cheese layer 1-3 days ahead of time and assemble right before baking.

THURSDAY

Walking Tacos



- The beef mixture can be made 2-3 days ahead of time (depending on the freshness of the ingredients), stored in the fridge. Reheat on the stove before serving.

FRIDAY

Cajun Chicken & Sausage Kabobs



- Prepare cajun seasoning. Chop vegetables and put in an airtight container until ready to cook.