



Estimated Total: \$61.03

### Produce:

Baby Spinach Leaves (4 oz)  
Bell Pepper (2)  
Green Onion (2)  
Onion (1/2 cup)  
Sweet Onion (1/2)  
Orange (1)  
Lemon (1)  
Pizza Quesadilla Suggestions: Bell Pepper, Diced Avocado, Tomatoes, Jalapenos, Mushrooms, Spinach

### Refrigerated:

Cheese (8 oz)  
Eggs (4)  
Parmesan Cheese (1/3 cup, grated)  
Plain Greek Yogurt (2 Tbsp)  
Salted Butter (1/2 cup)  
Shredded Cheese (3 cups)

### Canned Goods:

Pineapple Chunks (1 cup)  
Mandarin Oranges (11 oz can)  
Olives

### MONDAY



**Healthy Chicken Pasta Salad**  
\$16.63

### TUESDAY



**Sweet & Sour Chicken**  
\$12.85

### WEDNESDAY



**Ham & Cheese Sliders**  
\$12.70

### THURSDAY



**Mini Meatloaf**  
\$11.54

### FRIDAY



**Pizza Quesadillas**  
(price without toppings)  
\$7.31

### Pantry:

BBQ Saue (1 Tbsp)  
Dijon Mustard (6 tsp)  
Dried Cranberries (1/2 cup)  
Honey (3 Tbsp)  
Ketchup (1 cup)  
Mustard (1 Tbsp)  
Pizza Sauce (1 cup)  
Slivered Almonds (1/3 cup)  
Worcestershire Saue (2 tsp)  
Low Sodium Soy Sauce (2 Tbsp)  
Apple Cider Vinegar)  
Cornstarch (1 cup + 1 1/2 Tbsp)  
Light Brown Sugar (1/3 cup)  
Granulated Sugar (1 cup)  
Olive Oil (2 Tbsp)  
Oil (1/4 cup)

### Bread & Grains:

Slider Rolls (12)  
Tortillas (8 large)  
Farfalle Pasta (8 oz)  
Panko Bread Crumbs (2/3 cup)  
Cooked White Rice

### Protein:

Boneless Skinless Chicken Breasts (4)  
Cooked Chicken (2 cups)  
Good Quality Ham (12 slices)  
Lean Ground Beef (1 1/2 lb)  
Pizza Quesadilla Suggestions:  
Pepperoni, Sausage

### Seasonings:

Chili Powder  
Diced Minced Onion  
Fine Sea Salt  
Garlic Powder  
Nutmeg  
Italian Seasoning  
Onion Powder  
Garlic Salt  
Salt & Pepper

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from Scratch™**

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# Meal Plan 90

## PREP INSTRUCTIONS

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### BREAKFAST IDEAS

- Chocolate Overnight Oats
- Crab Cake Benedict
- Breakfast Taquitos

### LUNCH IDEAS

- Orzo Salad
- Thai Chicken Lettuce Wraps
- Chicken Tortilla Soup

### SNACK IDEAS

- Peanut Butter Bars
- Homemade Salsa
- Protein Bars

MONDAY

#### Healthy Chicken Pasta Salad



- Dressing can be made ahead of time and set aside. Chicken can be cooked, chopped and set aside for up to 3 days.

TUESDAY

#### Sweet & Sour Chicken



- Thaw and cut the chicken ahead of time and store it in a ziplock in the refrigerator until ready to add the cornstarch. Make the sauce 1-2 days ahead of time and store it in the fridge. You can also cut up the veggies ahead of time to make this a supper fast meal!

WEDNESDAY

#### Ham & Cheese Sliders



- You can assemble the sliders completely and refrigerate them (well covered) for 1-2 days, depending on the freshness of your ingredients. Remove from fridge 15 minutes before baking, and bake as instructed.

THURSDAY

#### Mini Meatloaf



- This meatloaf is easily prepped in the morning or even the night before, making dinnertime way less stressful. I also like to make extra and freeze the individual portion sizes for future quick meals.

FRIDAY

#### Pizza Quesadillas



- Quesadillas can be made ahead of time and frozen. Freeze leftover pizza quesadillas by first laying them in an even layer on a sheet pan to "flash freeze." Cover the sheet pan loosely with plastic wrap and freeze for 1 hour. Then place them in an airtight, freezer safe container, for up to 2 months. Reheat in the oven at 350F for 10-15 minutes.