



**MONDAY**



**Creamy Basil Tomato Soup**  
\$11.63

**TUESDAY**



**One Pan Skinny Chicken Alfredo**  
\$7.18

**WEDNESDAY**



**Taco Salad**  
\$20.50

**THURSDAY**



**Meatloaf Sandwich**  
\$18.43

**FRIDAY**



**General Tso's Chicken**  
\$13.44

Estimated Total: \$71.18

**Produce:**

- Baby Spinach (1 cup)
- Carrots (2)
- Celery (2 ribs)
- Cherry Tomatoes (2 cups)
- Chopped Cilantro (1/2 cup)
- Basil (1/4 cup)
- Red or Green Onion (1/4 cup)
- Corn (1 cup)
- Garlic (9 cloves)
- Onion (1 small)
- Romaine Lettuce (1 head)
- Sweet Onion (1/2 cup)

**Bread & Grains:**

- Breadcrumbs (1/2 cup)
- Flour Tortillas (6 - 8 inch)
- Artisan Bread Rolls (8)
- Uncooked Farfalle Pasta (6 oz)

**Protein:**

- Boneless Skinless Chicken Breasts (2 lb)
- Ground Beef (2 lb)
- Lean Ground Beef (1 lb)

**Canned Goods:**

- Black Beans (1)
- Diced Tomatoes (2 - 14.5 oz cans)
- Low Sodium Chicken Broth (5 3/4 cup)
- Sliced Olives (1/2 cup)
- Tomato Paste (2 Tbsp)

**Pantry:**

- All Purpose Flour (1 cup + 2 Tbsp)
- Cornstarch (1/2 cup + 1 1/2 tsp)
- Light Brown Sugar (1/4 cup + 12 Tbsp)
- Olive Oil (3 Tbsp)
- Oil (1/2 cup)
- Dijon (2 tsp)
- Dijon Mustard (4 tsp)
- Hoisin Sauce (2/3 cup)
- Ketchup (1 cup + 4 Tbsp)
- Low Sodium Soy Sauce (1/3 cup)
- Rice Vinegar (1/3 cup)
- Taco Seasoning (2 Tbsp)
- Worcestershire Sauce (2 Tbsp)
- Salsa

**Refrigerated:**

- Butter (1/2 cup + 3 Tbsp)
- Cheese (8 slices)
- Egg Whites (2 large)
- Eggs (2 large)
- Fat Free Milk (1 3/4 cup)
- Parmesan Cheese (2 cups)
- Half & Half (1 1/2 cups)
- Shredded Cheese (1/2 cup)

**Seasonings:**

- Red Pepper Flakes
- Basil Leaves
- Oregano
- Parsley Flakes
- Sage
- Ginger
- Nutmeg
- Onion Powder
- Salt & Pepper



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 92

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- Blueberry Muffins
- Chocolate Protein Shake
- Croque Madame

### LUNCH IDEAS

- Chicken Caesar Pasta Salad
- Mixed Green Salad with Berries
- Ham Fried Rice

### SNACK IDEAS

- Chocolate Overnight Oats
- 7-Layer Bean Dip
- Easy Vegetable Dip

MONDAY

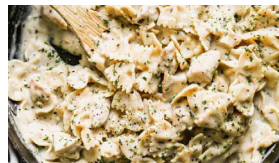
#### Creamy Basil Tomato Soup



- Tomato basil soup can be made ahead of time and stored in the refrigerator for 4-5 days.

TUESDAY

#### One Pan Skinny Chicken Alfredo



- Can be made ahead of time and stored in an airtight container for up to 3 days, depending on the freshness of the chicken.

WEDNESDAY

#### Taco Salad



- The taco meat and tortilla shells can be prepped a day or two in advance, stored separately. Reheat the meat mixture in the microwave or in a skillet.

THURSDAY

#### Meatloaf Sandwich



- This is a great recipe to use leftover meatloaf! Or, to make with fresh meatloaf, shape meatloaf in pan 1-2 days ahead of time. Cover and store in the refrigerator until ready to bake. Allow it to come to room temperature before baking. You can also make the meatloaf sauce several days ahead of time and store it in the refrigerator.

FRIDAY

#### General Tso's Chicken



- Can be made ahead of time and stored in an airtight container for up to 3 days, depending on the freshness of the chicken.