



MONDAY



Hawaiian Haystacks
(toppings not included)
\$10.65

TUESDAY



Sun-Dried Tomato Pasta
\$10.50

WEDNESDAY



Homemade Chili
\$21.49

THURSDAY



Southwest Wrap
\$14.18

FRIDAY



Cuban Sandwich
\$15.53

Estimated Total: \$72.35

Produce:

- Baby Spinach (2 1/2 oz)
- Corn (1 cup)
- Basil (1/3 cup)
- Garlic (7 cloves)
- Green Onion (1)
- Large Onion (1)
- Red Bell Pepper (1/2)
- Orange (1)
- Lime (1)

*Suggested Hawaiian Haystack Toppings: Bell Peppers, Celery, Peas, Pineapple, Tomatoes, Peas

Refrigerated:

- Butter (7 Tbsp)
- Milk (2 1/2 cups)
- Shredded Cheddar Cheese (1 1/2 cups)
- Grated Parmesan Cheese (1)
- Milk - no skim (2 cups)
- Sour Cream (1/2 cup)
- Swiss Cheese (8 slices)

Bread & Grains:

- Cooked Rice (1 cup)
- Flour Tortillas (6 large)
- Penne Pasta (1 lb)
- Cuban Beef Loaf
- Hot Cooked Rice

Canned Goods:

- Black Beans (15 oz)
- Kidney Beans (16 oz)
- Chicken or Veggie Broth (1 1/4 cup)
- Petite Diced Tomatoes (14.5 oz can)
- Pinto Beans (2 - 15 oz can)
- Sun-Dried Tomatoes in juice (1/2 cup)
- Tomato Juice (4 cups)

Pantry:

- Cornstarch (3 Tbsp)
- Flour (1/4 cup)
- Olive Oil (1 Tbsp)
- Brown Sugar (1 Tbsp)
- Chicken Bouillon Paste (2 tsp)
- Dijon Mustard (3 Tbsp)
- Dill or Bread & Butter Pickle Slices (1 cup)
- Ketchup (1 cup)
- Red Wine Vinegar (1/4 cup)
- *Suggested - Slivered Almonds, Toasted Coconut, Chow Mein Noodles

Protein:

- Chicken (3 cups)
- Deli Smoked or Honey Mustard Ham (8 slices)
- Ground Beef (1 lb)
- Lean Ground Beef (2 lb)
- Pork Sausage (1 lb)
- Pork Tenderloin (1 lb)

Seasonings:

- Cayenne
- Chili Powder
- Red Pepper Flakes
- Cumin
- Basil
- Oregano
- Parsley Flakes
- Garlic Powder
- Garlic Salt
- Italian Seasoning
- Onion Powder
- Paprika
- Smoked Paprika
- 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 93

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Healthy Banana Bread
- Blintzes
- Breakfast Potatoes

LUNCH IDEAS

- Tuna Pasta Salad
- Ham & Cheese Sliders
- Turkey Club Sandwich

SNACK IDEAS

- Healthy Granola
- Instant Pot Yogurt
- Power Muffins

MONDAY

Hawaiian Haystacks



- Steam the rice, cook the chicken, and make the sauce up to 1 day ahead of time. Store rice and gravy separately in airtight containers in the refrigerator.

TUESDAY

Sun-Dried Tomato Pasta



- Pasta can be made ahead of time and stored in an airtight container for up to 3 days. Reheat when ready to serve.

WEDNESDAY

Homemade Chili



- Chili can be made ahead of time and frozen. Freeze chili in a freezer-safe container for up to 3 months. Thaw overnight in the refrigerator, then reheat on the stovetop for 20-30 minutes.

THURSDAY

Southwest Wrap



- You can make the filling in advance, just store it in an airtight container in the fridge. Assemble and pan-fry when ready to serve! Or, the entire wraps could be assembled a few hours ahead of time, and pan-fried when ready to eat.

FRIDAY

Cuban Sandwich



- All of the ingredients are fully cooked before you start assembling the sandwich, so all you really have to do is make sure the pork has marinated at least a day in advance before cooking. Refrigerate any leftovers and reheat without any additional pressing. They're good cold, too!