



MONDAY



Lasagna Soup
\$20.48

TUESDAY



Vegetarian Enchiladas
\$19.63

WEDNESDAY



**Baked Mac & Cheese
with Bacon**
\$8.35

THURSDAY



Garden Vegetable Pie
\$11.82

FRIDAY



Harvest Bowl
\$18.92

Estimated Total: \$79.20

Produce:

Avocado (2)
Bell Pepper (1)
Brussels Sprouts (1 1/2 cups)
Basil Leaves (10)
Spinach Leaves (2 cups)
Garlic (3 cloves + 1 tsp)
Onion (1/4 cup)
Pomegranate (1)
Sweet Onion (1/2 cup)
Sweet Potato (1 large + 2 medium)
Tomatoes (3)
Yellow Onion (1)
Yellow Squash (1 small)
Zucchini (1 small)

Refrigerated:

Butter (3 Tbsp)
Cheddar Cheese (2 cups)
Parmesan Cheese (1 cup + 2 Tbsp)
Shredded Cheddar Cheese (1 cup)
Shredded Sharp Cheddar Cheese (2 cups)
Half & Half (3/4 cup)
Milk (1 1/2 cups)
Ricotta Cheese (10 oz)
Shredded Mozzarella Cheese (2 cups)
Unsalted Butter (6 Tbsp)

Canned Goods:

Black Beans (15 oz can)
Unsweetened Coconut Milk (1 1/2 cups)
Low Sodium Chicken Broth (7 cups)
Tomato Paste (2 Tbsp)

Bread & Grains:

Panko Breadcrumbs (1/2 cup)
Cooked Brown Rice (2 cups)
Elbow Macaroni (1/2 lb)
Flour Tortillas (10 large)
Lasagna Noodles (9)
White or Jasmine Rice (2 cups)

Seasonings:

Curry Powder
Basil
Oregano Leaves
Parsley
Garlic Powder
Onion Powder
Red Pepper Flakes
Salt & Pepper

Protein:

Bacon (6 slices)
Ground Italian Sausage (1/2 lb)
Lean Ground Beef (1/2 lb)
Chicken Tenders (4)

Pantry:

Chicken Bouillon Paste (1 1/2 tsp)
Dijon Mustard (1/2 tsp)
Marinara Sauce (store bought or homemade)
Red Enchilada Sauce (store bought or homemade)
Mayo (3/4 cup)
Pecan (1/2 cup)
Pie Crust (homemade)
Flour (2 1/2 cups + 2 Tbsp)
Cornstarch (2 1/2 tsp)
Light Brown Sugar (2 tsp)
Olive Oil (1/4 cup + 5 1/2 Tbsp)
Vegetable Shortening (3/4 cup)
Honey (1/2 cup)
Yellow Mustard (2 Tbsp)

**Tastes Better
from Scratch™**

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Meal Plan 94

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Blueberry Coffee Cake
- Cottage Cheese Pancakes
- Chocolate Overnight Oats

LUNCH IDEAS

- Pink Sauce Pasta
- Bulgur Salad
- Croque Madame

SNACK IDEAS

- Cowboy Caviar
- Buffalo Chicken Dip
- Protein Bars

MONDAY

Lasagna Soup



- Make the recipe up to step 4. Do not add the noodles to the pot. Store the soup in the refrigerator. When ready to serve, start at step 5, bringing the soup to a boil and cooking the noodles at that point. Serve with a dollop of cheese.

TUESDAY

Vegetarian Enchiladas



- Make the enchilada filling and store it separately in the refrigerator up to 2 days ahead of time. Assemble enchiladas when ready to bake. You can also make the enchilada sauce several days in advance. Store in the fridge in an air-tight container.

WEDNESDAY

Baked Mac & Cheese with Bacon



- You can make this creamy baked mac and cheese recipe 1-2 days ahead of time. Prepare the sauce, cook the noodles, and store both separately in the fridge until ready to bake.

THURSDAY

Garden Vegetable Pie



- The squash, zucchini, and onion may be sliced up to one day ahead of time. The cheese spread may also be made ahead and kept in the fridge.

FRIDAY

Harvest Bowl



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