



**MONDAY**



**Southwest Egg Roll**  
\$11.68

**TUESDAY**



**Pasta Primavera**  
\$3.58 (price without assorted vegetables)

**WEDNESDAY**



**Chicken Taquitos**  
\$8.04

**THURSDAY**



**Cheeseburger Salad**  
\$14.15

**FRIDAY**



**Creamy Ranch Pork Chops**  
\$12.53

Estimated Total: \$49.98

**Produce:**

- Avocado (1)
- Baby Spinach Leaves (1 cup)
- Basil Leaves
- Cilantro (1 bunch)
- Garlic (1 clove)
- Mixed Greens Lettuce (5 cups)
- Onion (1/2 small + 1/4 cup)
- Red or Green Bell Pepper (1)
- Tomatoes (1)
- Assortment of your favorite fresh vegetables

**Refrigerated:**

- Butter (1 Tbsp)
- Cheddar Cheese (4 slices)
- Corn (1 cup, cooked)
- Cream Cheese (12 oz)
- Parmesan Cheese (1/2 cup, grated)
- Heavy Whipping Cream (1/2 cup)
- Milk (1 cup)
- Cheddar Cheese (1 1/2 cup, shredded)
- Sour Cream (1/2 cup + extra for serving)
- Guacamole (for serving)

**Canned Goods:**

- Black Beans (15 oz)
- Cream of Chicken Soup (10.5 oz can or homemade)
- Cream of Mushroom Soup (10.5 oz can or homemade)
- Low-Sodium Chicken Broth (2/3 cup)

**Pantry:**

- BBQ Sauce (2 tsp store bought or homemade)
- Chicken Boullion Cubes (2, crushed)
- Dill Pickles (2)
- Ketchup (2 Tbsp)
- Mayonnaise (1/2 cup)
- Mustard (2 Tbsp)
- Olive Oil (1 Tbsp)
- Salsa (2/3 cup + extra for serving)
- Vinegar (1 Tbsp)
- Oil for frying
- Hot Sauce (for serving)

**Bread & Grains:**

- Corn or Flour Tortillas (15)
- Egg Roll Wrappers (20)
- Penne Pasta (1 lb)

**Protein:**

- Cooked Chicken, Chopped (2 cups)
- Cooked Chicken, Shredded (2 cups)
- Hamburger Patties (4)
- Pork Chops (4)

**Seasonings:**

- Chili Powder
- Cumin
- Basil
- Dill
- Parsley
- Garlic Powder
- Ground Cumin
- 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 138

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- Orange Julius
- Eggs Florentine
- Buttermilk Pancakes

### LUNCH IDEAS

- Pizza Quesadillas
- Orzo Salad
- Egg Sandwich

### SNACK IDEAS

- Oreo Mug Cake
- Instant Pot Yogurt
- Easy Healthy Granola

MONDAY

#### Southwest Egg Roll



- Prepare the filling and sauce ahead of time and store in the fridge for up to 3 days, depending on freshness of ingredients. To assemble egg rolls ahead of time, roll them in egg roll wrappers, place in an airtight container, covering them with a damp cloth before applying the lid. Refrigerate for a few hours. Cooked egg rolls can also be made ahead of time, then reheated in an air fryer or hot skillet until toasted again on all sides.

TUESDAY

#### Pasta Primavera



- Sauce can be made ahead of time and stored in the fridge, reheat when ready to serve. Prep the veggies and grate the cheese - put in the fridge until ready to serve.

WEDNESDAY

#### Chicken Taquitos



- Make the filling up to 1 day in advance and store in the refrigerator. Roll in tortillas before baking.

THURSDAY

#### Cheeseburger Salad



- Hamburger patties can be cooked made ahead of time and stored in an air tight container for up to 3 days. Reheat when ready to serve.

FRIDAY

#### Creamy Ranch Pork Chops



- Pork chops can be made ahead of time and frozen. Place the pork chops in a gallon-size freezer resealable bag. Mix the sauce together and pork on top. Freeze for up to 3 months. Thaw overnight in the fridge. Cook as instructed.