



MONDAY



BBQ Chicken Bowl
\$14.70

TUESDAY



Cheese Enchiladas
\$9.38

WEDNESDAY



Ham Fried Rice
\$4.79

THURSDAY



Chicken Caesar Pasta Salad
\$11.53

FRIDAY



Sloppy Joes
\$9.35

Estimated Total: \$49.75

Produce:

- Avocado (1)
- Cabbage (1 cup)
- Carrot (1 carrot + 1/2 cup)
- Cherry Tomatoes (2 cups)
- Corn (3 ears)
- Cucumber (1/2 medium size)
- Cilantro (garnish)
- Garlic (2 cloves)
- Green Onions (1/4 cup + 3)
- Onion (1/2 cup)
- Red Bell Pepper (1)
- Roma Tomato (1)
- Romaine Lettuce (4 cups)
- Yellow Onion (1/2 cup)
- Zucchini (1)

Refrigerated:

- Buttermilk (1/4 cup)
- Cotija Cheese (1/4 cup)
- Eggs (2 large)
- Parmesan Cheese (1/3 cup, grated)
- Frozen Peas (1/2 cup)
- Plain Greek Yogurt (1/4 cup)
- Shredded Cheddar Cheese (5 cups)
- Sour Cream (for serving)

Canned Goods:

- Black Beans (15 oz can)
- Low-Sodium Chicken Broth (3 cups + 2 Tbsp)
- Red Enchilada Sauce (20 oz)
- Tomato Sauce (8 oz)

Pantry:

- BBQ Sauce (1 1/4 cup store bought or homemade)
- Caesar Salad Dressing (topping)
- Croutons (1/2 cups)
- Honey (1 Tbsp)
- Ketchup (1/3 cup)
- Low-Sodium Soy Sauce (2 Tbsp)
- Mayonnaise (1/3 cup)
- Oil (2 Tbsp)
- Yellow Mustard (1 tsp)
- Sesame Oil (4 Tbsp)
- Worcestershire Sauce (1 Tbsp)

Bread & Grains:

- Cooked, cold leftover rice (3 cups)
- Long-grain White Rice (1 1/2 cups)
- Hamburger Buns (5)
- Penne Pasta (6 oz)
- White Corn Tortillas (12)

Protein:

- Boneless Skinless Chicken Breasts (1 lb)
- Chicken Breast Halves (4)
- Chopped Ham (3/4 cup)
- Ground Beef (1 lb)

Seasonings:

- Dried Dill Weed
- Dried Parsley Flakes
- 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 139

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Chocolate Banana Bread
- Eggs Benedict
- Spinach & Bacon Quiche

LUNCH IDEAS

- Sheet Pan Chicken Fajitas
- Southwest Egg Rolls
- Mexican Pizza

SNACK IDEAS

- Vanilla Protein Shake
- Bacon Wrapped Dates
- Homemade Salsa

MONDAY

BBQ Chicken Bowl



- These chicken bowls are easy to prep ahead! Just toss the marinade on the chicken, make the sauce, and chop the veggies. Keep everything in the fridge. Dinner will be a breeze!

TUESDAY

Cheese Enchiladas



- Cheese enchiladas can be prepared several days in advance, if desired. For best results, place enchiladas in baking dish, and store in the fridge, separately from the sauce. Alternately, assemble the entire dish, with sauce on top, a few hours in advance.

WEDNESDAY

Ham Fried Rice



- Use leftover, cooked rice that can be prepared and refrigerated several days ahead of time.

THURSDAY

Chicken Caesar Pasta Salad



- The chicken can be cooked and all the ingredients can be chopped ahead of time. Wait to add the dressing until ready to serve.

FRIDAY

Sloppy Joes



- The sloppy joe meat filling can be made up to 2 days ahead of time, depending on the freshness of the beef. Store in the refrigerator and reheat and serve on toasted buns when ready to eat.