



MONDAY



Veggie Enchiladas
\$19.63

TUESDAY



Mini Meatloaf
\$11.54

WEDNESDAY



Chicken Divan
\$10.82

THURSDAY



Apple Pecan Salad
\$21.64

FRIDAY



Million Dollar Spaghetti
\$14.84

Estimated Total: \$78.47

Produce:

Avocado (1)
Bell Pepper (1)
Broccoli Florets (2 cups)
Cilantro (for serving)
Fuji Apples (1)
Garlic (6 cloves)
Lemon Juice (2 tsp)
Lettuce (2 heads)
Onion (3/4 cup + 1 small)
Sweet Potatoes (2 small / medium)

Pantry:

Balsamic Vinegar (1 Tbsp)
BBQ Sauce (1 Tbsp store bought or homemade)
Chicken Bouillon Paste (2 tsp)
Pecans (1/2 cup, chopped)
Cornstarch (1/4 cup)
Dijon Mustard (2 tsp + 1 Tbsp)
Red Enchilada Sauce (1 batch homemade, or store bought)
Ketchup (1/2 cup)
Light Brown Sugar (1/3 cup)
Mayonnaise (1 cup)
Mustard (1 Tbsp)
Olive Oil (2 Tbsp + 1/2 cup)

Canned Goods:

Black Beans (15 oz)
Marinara Sauce (24 oz)

Refrigerated:

Butter (6 Tbsp)
Cottage Cheese (1 cup)
Cream Cheese (8 oz)
Egg (1)
Parmesan Cheese (2/3 cup, grated)
Milk (2 cups)
Cheddar Cheese (2 cups, shredded)
Mozzarella Cheese (2 cups, shredded)
Sour Cream (1/4 cup)

Protein:

Bacon (6 Tbsp)
Boneless Skinless Chicken Breasts (2 large)
Cooked Chicken (1 lb)
Ground Beef (1/2 lb)
Ground Italian Sausage (1/2 lb)
Lean Ground Beef (1 1/2 lb)

Seasonings:

Chili Powder
Curry Powder
Dried Parsley Flakes
Garlic Powder
Ground Nutmeg
Kosher Salt
Onion Powder
Salt & Pepper

Bread & Grains:

Long-grain White Rice (2 cups)
Cooked Brown Rice (2 cups)
Flour Tortillas (10 large)
Panko Bread Crumbs (2/3 cup)
Spaghetti Noodles (16 oz)

**Tastes Better
from Scratch™**

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 141

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- English Muffins
- Buttermilk Pancakes
- Poached Eggs

LUNCH IDEAS

- Beet Salad
- Lettuce Wraps
- Ground Beef Tacos

SNACK IDEAS

- Magic Bars (7 layer bars)
- Wedge Salad
- Zucchini Bread

MONDAY

Veggie 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 airtight container.

TUESDAY

Mini Meatloaf



- Combine meatloaf ingredients and then press into a muffin tin. Cover with plastic wrap, and refrigerate until ready to bake, or up to overnight.

WEDNESDAY

Chicken Divan



- All elements of the recipe could be made ahead and stored separately; cooked rice, cooked chicken, steamed broccoli, and sauce, and assembled when desired. Prepare this chicken divan with curry up to 2 days ahead of time (depending on freshness of ingredients) and store covered, in the fridge. Remove from fridge 30 minutes before baking, then bake as directed.

THURSDAY

Apple Pecan Salad



- Store the main salad ingredients separately and toss them just before eating. After chopping the apples, add a splash of lemon juice to them to keep them from browning.
- If you have washed your lettuce you can place a paper towel at the bottom of the bag or bowl to help absorb the extra moisture in the salad. This will help your lettuce stay more fresh.

FRIDAY

Million Dollar Spaghetti



- You can prepare this spaghetti casserole 1 day ahead of time. Follow recipe instructions up to step 8 (just before baking). allow it to cool, cover it well with plastic wrap and store it in the refrigerator until ready to bake. Or, prep the sauce, noodles and cheese layer 1-3 days ahead of time and assemble right before baking.