



MONDAY



Meatballs Arrabbiata
\$27.81

TUESDAY



Leek & Potato Soup
\$17.93

WEDNESDAY



Gyros
\$26.58

THURSDAY



Chicken Tinga Tostadas
\$10.22

FRIDAY



Baked Ziti
\$7.42

Estimated Total: \$89.96

Produce:

- Basil Leaves (12)
- Parsley (1/4 cup, chopped)
- Thyme (4 sprigs)
- Garlic (23 cloves)
- Leeks (2, large)
- Onion (2 + 1 small chunk)
- Red Onion (1)
- Roma Tomatoes (4)
- Romaine Heart (1)
- Yellow Onion (1)
- Yukon Gold Potatoes (2 lbs)
- Campari or Roma Tomatoes (3)
- Optional for Tinga: Avocado, Cilantro, Lettuce and Limes

Canned Goods:

- Whole Peeled San Marzano Tomatoes (2 - 28 oz cans)
- Chipotle Peppers in Adobo Sauce (1)
- Chicken Stock (4 cups)
- Diced Tomatoes (14.5 oz)
- Low-Sodium Beef Broth (1/2 cup)
- Tomato Paste (1/4 cup)
- Tomato Sauce (8 oz)
- Optional for serving: Refried Beans

Refrigerated:

- Butter (3 Tbsp)
- Feta Cheese Crumbles (1/2 cup)
- Grated Parmesan Cheese (1 1/2 cups + 2 Tbsp)
- Half & Half (1/2 cup)
- Heavy Cream (1 cup)
- Large Eggs (2)
- Shredded Mozzarella Cheese (1 cup)
- Tzatziki Sauce (1 cup, homemade or store-bought)
- Optional for serving Chicken Tinga: Mexican Crema or Sour Cream, Queso Fresco

Seasonings:

- Aleppo Pepper
- Bay Leaves
- Crushed Red Pepper Flakes
- Dried Basil
- Dried Oregano Leaves
- Cracker Pepper
- Ground Cumin
- Italian Seasoning
- Kosher Salt
- Salt & Pepper

Protein:

- Bacon (2 slices)
- Boneless Skinless Chicken Breasts (2)
- 80/20 Ground Beef (2 lb)
- Ground Lamb (1 lb)
- Ground Italian Sausage (1 lb)
- Pork Sausage (1 lb)

Pantry:

- All Purpose Flour (1 cup)
- Chicken Bouillon (1 tsp)
- Olive Oil (1/3 cup + 1 Tbsp)
- White Wine (1/2 cup)
- Optional for Gyros: Hot Sauce

Bread & Grains:

- Breadcrumbs (1 1/4 cup)
- Pita Bread (8 pieces)
- Ziti Pasta (12 oz)
- Tostada Shells (for serving Chicken Tinga)
- For serving Meatballs Arrabiata - Artisan Bread



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Meal Plan 142

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Sour Cream Coffee Cake
- Freezer Breakfast Sandwich
- Green Smoothie

LUNCH IDEAS

- Cheeseburger Salad
- Tuna Melt
- Broccoli Cheese Soup

SNACK IDEAS

- Granola Bites
- Chocolate Overnight Oats
- Banana Bread

MONDAY

Meatballs Arrabbiata



- The homemade meatballs and the sauce can both be made in advance and kept in the fridge for 2 days.

TUESDAY

Leek & Potato Soup



- This soup can be made ahead and stored in the fridge for up to 3 days. If the soup is overly thick when rewarmed, add a splash of milk or cream. Taste and add additional salt, pepper, or thyme, as needed.

WEDNESDAY

Gyros



- The seasoned raw gyro meat can be kept in the fridge up to one day head. Or store cooked gyro meat in the fridge for 1-2 days before slicing and toasting on the stove.

THURSDAY

Chicken Tinga Tostadas



- Prepare the chicken tinga and store in the fridge for up to 3-5 days. Heat when you are ready to use. These leftovers are delicious! See recipe notes for Slow Cooker or Instant Pot instructions.

FRIDAY

Baked Ziti



- Follow the directions of making the sauce, up to step 4. Don't add and cook the noodles, yet. Continue with step 5 just before you want to serve the homemade baked ziti.