



MONDAY



Sweet Pork Burrito Bowl
\$16.50

TUESDAY



Cottage Pie
\$20.70

WEDNESDAY



Autumn Butternut Squash & Sweet Potato Soup
\$17.46

THURSDAY



Chicken Noodle Casserole
\$15.98

FRIDAY



Baked Salmon
\$14.86

Estimated Total: \$85.50

Produce:

- Garlic (7 cloves)
- Lemon Juice (2 Tbsp)
- Parsley (optional for garnish)
- Lemon (1)
- Butternut Squash (1 small)
- Sweet Potato (2 small)
- Onion (3 medium)
- Celery (2 ribs)
- Carrots (3)
- Thyme (1 tsp)
- Rosemary (1 tsp)
- Yukon Gold Potatoes (2 1/2 lb)
- Peas (1/2 cup)
- Serrano Peppers (3-4 whole)
- Lettuce (1 head)

Refrigerated:

- Butter (3 sticks)
- Cottage Cheese (24 oz)
- Egg (1)
- Shredded Mozzarella Cheese (2 cups)
- Grated Parmesan Cheese (1 1/4 cup)
- Sour Cream (1/4 cup)
- Milk (1/2 cup)
- Shredded Cheddar Cheese (1/2 cup)
- Salsa or Pico De Gallo (1 container or homemade)

Canned Goods:

- Low-Sodium Chicken Broth (9 1/4 cups)
- Diced Tomatoes (14.5 oz can)
- Tomato Paste (4 Tbsp)
- Garbanzo Beans (15 oz can)
- Beef Stock (3 cups)
- Diced Green Chilies (1 can)
- Red Enchilada Sauce (10 oz or homemade)
- Black or Pinto Beans (1 can)

Pantry:

- Honey (1 tsp)
- Olive Oil (1 Tbsp)
- All-Purpose Flour (3/4 cup)
- Brown Sugar (1/2 cup)
- Vegetable Oil (1/4 cup)
- Beef Bouillon (1 cube)
- Worcestershire Sauce (2 Tbsp)
- Coke (3 cups)
- Tomato Bouillon (2 cubes)

Bread & Grains:

- Egg Noodles (12 oz)
- Long Grain White Rice (1 1/2 cup)

Seasonings:

- Cajun Seasoning
- Dried Dill
- Garlic Powder
- Dried Basil
- Fennel Seeds
- Cumin Seeds
- Bay Leaves
- Salt & Pepper

Protein:

- Pork Shoulder (2-4 lbs)
- Lean Ground Beef (1 lb)
- Ground Sausage (1 lb)
- Cooked Chicken (4 cups)
- Salmon Fillets (1 1/2 - 2 lbs)



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 54

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Healthy Pumpkin Muffins
- Strawberry Overnight Oats
- Apple Coffee Cake

LUNCH IDEAS

- Crispy BBQ Chicken Wraps
- Creamy Summer Pasta Salad
- Beef Noodle Soup

SNACK IDEAS

- English Muffins
- Power Muffins
- Bacon Wrapped Dates

MONDAY

Sweet Pork Burrito Bowl



- Store all ingredients separately in the refrigerator for 3-4 days.

TUESDAY

Cottage Pie



- Cottage pie can be made up to 3 days in advance. For best results, store the mashed potatoes and filling separately in the fridge until ready to assemble the cottage pie. Before topping the pie with the mashed potatoes you may want to add a little more milk to them (and season them if needed) to soften them.

WEDNESDAY

Autumn Butternut Squash Soup



- Depending on the freshness of your vegetables and meat, you can make this soup 1-3 days ahead of time. You can make the entire soup ahead of time and store it in the refrigerator or prep the soup ahead of time by cutting the squash and sweet potatoes into cubes, in advance.

THURSDAY

Chicken Noodle Casserole



- You can make this recipe up to 24 hours ahead of time. Slightly undercook the egg noodles. Assemble, cover tightly with foil and refrigerate. Bake as directed (you may need to add 10-15 minutes to the baking time).

FRIDAY

Baked Salmon



- Make the garlic butter sauce, place in an airtight container until ready to cook the salmon.