



### MONDAY



**One Pan Jambalaya**  
\$12.64

### TUESDAY



**White Chicken Chili**  
\$19.02

### WEDNESDAY



**Pesto Pasta Salad**  
\$12.36

### THURSDAY



**Cheeseburger Pizza**  
\$14.82

### FRIDAY



**BBQ Chicken Tacos**  
\$11.70

Estimated Total: \$70.54

#### Produce:

Avocado (1)  
Basil Pesto (3/4 cup)  
Celery (3 ribs)  
Cherry Tomatoes (3 cups)  
Onion (1/3, chopped)  
Corn (1 cup)  
Cilantro (3 Tbsp)  
Garlic Cloves (6)  
Green Bell Pepper (1)  
Green Onions (4)  
Lime (1/2 small)  
Lime Juice (1 Tbsp)  
Mini Cucumbers (2)  
Red Onion (1/3 cup)  
Yellow Onion (1 small)  
Yellow or White Onion (1)

#### Canned Goods:

Black or Pinto Beans (15 oz)  
Diced Green Chilies (2 - 4 oz)  
Diced Tomatoes (14.5 oz)  
Great Northern Beans (2 - 15 oz)  
Low-Sodium Chicken Broth (5 cups)  
Corn (15 oz)

#### Refrigerated:

Butter (2 Tbsp)  
Mozzarella Cheese (3 oz)  
Grated Parmesan Cheese (1/4 cup)  
Plain Greek Yogurt (1/2 cup)  
Shredded Cheese (topping)  
Shredded Mozzarella Cheese (5 cups)  
Sour Cream (1 cup)

#### Protein:

Andouille Sausage (1 lb)  
Boneless Skinless Chicken Breasts (1 1/2 lb + 2 large breasts)  
Cooked Chicken (2 heaping cups)  
Lean Ground Beef (1 lb)

#### Seasonings:

Cajun Seasoning  
Cayenne Pepper  
Dried Basil  
Dried Oregano  
Ground Cumin  
Kosher Salt  
Paprika  
Salt & Pepper

#### Bread & Grains:

Corn Tortillas (12)  
Farfalle Pasta (8 oz)  
Long-Grain White Rice (1 1/4 cup)  
Pizza Dough (homemade or store bought)  
Tortilla Chips (for serving)

#### Pantry:

All-Purpose Flour (2 Tbsp)  
BBQ Sauce (2/3 cup)  
Ketchup (2/3 cup)  
Mayonnaise (1 1/2 Tbsp)  
Mustard (1/3 cup)  
Oil (1 Tbsp)  
Olive Oil (1 Tbsp)  
Sliced Dill Pickle Coins (2/3 cup)

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from Scratch™**

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# Meal Plan 143

## PREP INSTRUCTIONS

**Tastes Better  
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### BREAKFAST IDEAS

- Zucchini Bread
- Eggs Benedict
- 5 minute Whole Wheat Pancakes

### LUNCH IDEAS

- Baked Ziti
- Chicken Divan
- Cheeseburger Salad

### SNACK IDEAS

- Pumpkin Cream Cheese Muffins
- Instant Pot Apple Sauce
- Granola Bites

MONDAY

#### One Pan Jambalaya



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

TUESDAY

#### White Chicken Chili



- Soup can be made ahead of time. Store white chicken chili in the refrigerator for 3-4 days after making. Reheat in the microwave or on the stovetop.

WEDNESDAY

#### Pesto Pasta Salad



- Pasta can be made ahead of time and stored in an air tight container for up to 3 days.

THURSDAY

#### Cheeseburger Pizza



- Completely make the pizza dough, including pre-baking it in the oven for 6 minutes. Top with cheeseburger pizza toppings, cover well with plastic wrap and refrigerate for several hours, until ready to bake your pizza.

FRIDAY

#### BBQ Chicken Tacos



- The chicken can be marinated and the veggies can be chopped and kept separately in the fridge until ready to serve.