



MONDAY



Chicken Casserole
\$6.96

TUESDAY



Wet Burrito
\$11.64

WEDNESDAY



**White Garlic Chicken
Pizza**
\$8.86

THURSDAY



Roasted Tomato Soup
\$18.73

FRIDAY



Dirty Rice
\$14.66

Estimated Total: \$60.85

Produce:

Celery (1 1/2 cup)
Green Onion (1/2 cup, chopped)
Basil Leaves (2 Tbsp + 2 cups)
Parsley (1/4 cup, chopped)
Mushrooms (1/2 cup)
Spinach Leaves (1 cup)
Garlic (10 cloves)
Green Bell Pepper (1)
Lemon Juice (1 Tbsp)
Onion (1 Tbsp + 1/4 cup)
Other Filling Ideas: Bell Pepper, Onion,
Roasted Corn, Shredded Cabbage)
Ripe Plum Tomatoes (3 lbs)
Tomato (1)
Yellow Onions (2)

Pantry:

All Purpose Flour (3 Tbsp + 1/4 cup)
Corn Flakes Cereal (1 cup)
Extra Virgin Olive Oil (1/4 cup + 2 Tbsp)
Mayonnaise (3/4 cup)
Slivered Almonds (1/4 cup)

Canned Goods:

Artichoke Hearts (1/2 cup)
Black or Pinto Beans (1 can)
Cream of Chicken Soup (10.5 oz can)
Low-Sodium Chicken Broth (8 cups)
Red or Green Enchilada Sauce (2 cups)
Whole Plum Tomatoes (28 oz can)

Refrigerated:

Butter (5 Tbsp)
Eggs (3 large)
Freshly Grated Parmesan Cheese (1/2 cup)
Milk (1 1/4 cup)
Shredded Mozzarella Cheese (3 cups)
Optional: Sour Cream, Guacamole, Salsa or
Pico de Gallo, Grated Parmesan Cheese

Protein:

Cooked Chicken (1 large + 2 cups)
Ground Beef (1/2 lb)
Ground Sausage (1/2 lb)
Minced Chicken Livers or Gizzards (1/2 cup)
Cooked Shredded Beef, Chicken, Pork or
Steak (3 cups)

Bread & Grains:

Dough for 1 large pizza (store bought
or homemade)
Flour Tortillas (5 large - burrito size)
Long-Grain White Rice (2 cups)
Mexican Rice (1 1/2 cups)
Minute Rice (1 cup)

Seasonings:

Bay Leaves
Cajun Seasoning
Cayenne Pepper
Crushed Red Pepper Flakes
Dried Oregano Leaves
Dried Thyme
Salt & Pepper

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from Scratch™**

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Meal Plan 145

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Hashbrown Breakfast Casserole
- Pumpkin Pancakes
- Breakfast Quesadillas

LUNCH IDEAS

- BBQ Pulled Pork Sandwich
- Beet Salad
- Potato Leek Soup

SNACK IDEAS

- Homemade Almond Joys
- Healthy Banana Muffins
- Instant Pot Yogurt

MONDAY

Chicken Casserole



- Make the chicken/rice mixture, spread it in the pan, cover and refrigerate. When you're ready to bake this traditional Chicken Casserole, sprinkle the buttered cornflakes on top and bake as directed.

TUESDAY

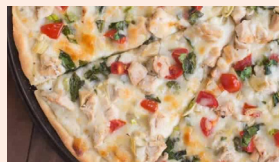
Wet Burrito



- The burritos can be filled, rolled tightly and stored in the fridge 2-5 days in advance, depending on the freshness of the ingredients used.

WEDNESDAY

White Garlic Chicken Pizza



- Cooked Chicken, chop veggies and store in an air tight container for up to 3 days before cooking. If you are making pizza crust, prep and set in the fridge.

THURSDAY

Roasted Tomato Soup



- Roasted tomato soup can be made a few days ahead of time, stored in the fridge. I think it even tastes better as it sits and the flavors have time to blend.

FRIDAY

Dirty Rice



- Chop all of the veggies, and even measure the spices ahead, for quick dinner prep. You could also cook the meats and store them in the fridge for a few hours before cooking the remaining meal.