



MONDAY



Stromboli
\$20.87

TUESDAY



Sheet Pan Fajitas
\$16.62

WEDNESDAY



Swedish Meatballs
\$13.96

THURSDAY



Clam Chowder
\$18.92

FRIDAY



Cashew Crunch Wraps
\$8.83

Estimated Total: \$79.20

Produce:

Bell Peppers (3)
Carrots (2)
Celery (3 ribs)
Parsley (2 Tbsp, chopped)
Cilantro (1/4 cup)
Garlic (4 cloves)
Green Bell Pepper (1/2)
Lime (1)
Onion (1)
Red Bell Pepper (1)
Red Cabbage (3/4 cup)
Romaine Lettuce Leaves (5)
Russet Potatoes (1 1/2 lb)
Snap Peas (2/3 cup)
Yellow Onion (2)
Desired Fajita Topping: Avocado

Pantry:

All-Purpose Flour (1 cup)
Cashews (2/3 cup)
Your Favorite Creamy Vinaigrette Dressing (1/3 cup)
Oil (3 Tbsp)
Olive Oil (5 Tbsp)
Red Wine Vinegar
Marinara or Pizza Sauce (for stromboli)

Canned Goods:

Chopped Clams (4 - 6.5 oz cans)
Low-Sodium Beef Broth (3 3/4 cup)
Low-Sodium Chicken Broth (1 cup)

Refrigerated:

Butter (4 Tbsp)
Egg Wash (1 egg white)
Egg Yolks (2 large)
Mozzarella Cheese (12 slices)
Grated Parmesan Cheese (1/2 cup)
Half & Half (1 cup)
Milk (1 cup)
Provolone Cheese (12 slices)
Sour Cream (3/4 cup)
Unsalted Butter (1/4 cup)
Desired Fajita Toppings: Sour Cream, Guacamole, Pico de Gallo, Cheese

Protein:

Boneless Skinless Chicken Breasts (1 1/2 lb)
Large Deli Pepperoni Slices (1/3 lb)
Large Deli Salami Slices (1/3 lb)
Cooked Chicken (1 lb)
Ground Pork (1 lb)
Lean Ground Beef (1 lb)
Ham Slices (1/3 lb)

Bread & Grains:

Breadcrumbs (1/2 cup)
Egg Noodles (1 lb)
Flour Tortillas (4 large + 8 small)
Pizza Dough (1 lb homemade or store bought)

Seasonings:

Bay Leaves
Cayenne Pepper
Chili Powder
Crushed Red Pepper Flakes
Cumin
Dried Oregano Leaves
Garlic Powder
Ground Allspice
Ground Nutmeg
Italian Seasoning
Kosher Salt
Onion Powder
Paprika
Salt & Pepper

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from Scratch™**

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Meal Plan 147

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Scones
- Blueberry Muffins
- Eggs Benedict

LUNCH IDEAS

- Classic Chili
- Dirty Rice
- Waldorf Salad

SNACK IDEAS

- Healthy Pumpkin Muffins
- 7-Layer Bean Dip
- Homemade Applesauce

MONDAY

Stromboli



- Can be made ahead of time. Keep leftovers in the fridge for up to 3 days. Rewarm in the oven, air fryer, or microwave, if desired.

TUESDAY

Sheet Pan Fajitas



- Slice all of the veggies and cut the chicken and store them separately in the refrigerator until ready to bake. Make the seasoning up to several days in advance and store it in a jar at room temperature.

WEDNESDAY

Swedish Meatballs



- The meatballs can be made ahead of time (cook them all the way through) and kept in the fridge or freezer until ready to use.

THURSDAY

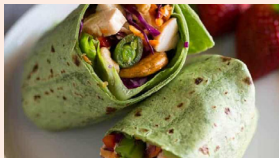
Clam Chowder



- The vegetables can all be chopped ahead of time to make dinner time even quicker, or make the entire soup ahead of time and store in refrigerator until ready to eat.

FRIDAY

Cashew Crunch Wraps



- Cook chicken and chop veggies; place in an air tight container in the fridge until ready to serve.