



MONDAY



Turkey Chili
\$15.77

TUESDAY



Sun Dried Tomato Pasta
\$10.50

WEDNESDAY



Chicken Pot Pie
\$10.84

THURSDAY



Taco Soup
\$12.08

FRIDAY



Chicken Alfredo Pizza
\$6.30

Estimated Total: \$55.49

Produce:

- Avocado (for serving)
- Baby Spinach Leaves (2.5 oz)
- Carrot (1 medium)
- Celery (1/2 cup + 3 ribs)
- Corn (17 oz fresh or canned)
- Basil (1/3 cup, chopped)
- Cilantro (for serving)
- Garlic (12 cloves)
- Green Onions (for serving)
- Poblano Pepper (1/3 cup)
- Yellow Onion (1)

Refrigerated:

- Butter (4 Tbsp + 1/3 cup)
- Cream Cheese (2 oz)
- Dough for 3 pie crusts (2 - 9 inch homemade or store bought)
- Egg (1)
- Parmesan Cheese (1 1/3 cup, grated)
- Frozen Veggies (8 oz)
- Milk (1 1/2 cup + 1 Tbsp)
- Milk - not skim (2 cups)
- Shredded Cheese (for serving)
- Mozzarella Cheese (1 cup, shredded)
- Sour Cream (for serving)
- Unsalted Butter (1 Tbsp)

Canned Goods:

- Black Beans (2 - 15 oz can)
- Chicken Broth (1 1/4 cup)
- Creamed Corn (15 oz)
- Crushed Tomatoes (28 oz)
- Diced Green Chiles (4 oz)
- Diced Tomatoes with Green Chilies (2 cans)
- Kidney Beans (2 - 15 oz cans)
- Low-Sodium Beef Broth (2 cups)
- Low-Sodium Chicken Broth (2 cups)
- Sun-Dried Tomatoes packed in oil (1/2 cup)

Pantry:

- All Purpose Flour (1/3 cup)
- Chicken Bouillon Paste (1 tsp)
- Flour (1/2 cup)
- Homemade Pizza Crust (1 batch homemade or store bought)
- Hot sauce
- Olive Oil (3 Tbsp)

Protein:

- Boneless Skinless Chicken Breasts (1 lb)
- Cooked Chicken (1 cup)
- Lean Ground Beef (1 lb)
- Lean Ground Turkey (1 lb)

Bread & Grains:

- Masa Harina (1/2 cup)
- Penne Pasta (1 lb)
- Tortilla Chips (for serving)

Seasonings:

- Ancho Chili Powder
- Celery Seed
- Chili Powder
- Crushed Red Peppr Flakes
- Dried Basil
- Dried Oregano Leaves
- Dried Parsley Leaves
- Garlic Powder
- Ground Cinnamon
- Ground Coriander
- Ground Cumin
- Italian Seasoning
- Kosher Salt
- Onion Powder
- Paprika
- Salt & Pepper



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 149

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Apple Coffee Cake
- Biscuits & Gravy Casserole
- Healthy Pumpkin Muffins

LUNCH IDEAS

- Chickpea Curry
- Classic Homemade Chili
- Veggie Enchiladas

SNACK IDEAS

- Healthy Banana Muffins
- Chocolate Overnight Oats
- Chocolate Protein Shake

MONDAY

Turkey Chili



- I think the flavors in this ground turkey chili recipe are even better the next day. Make the chili then store in a airtight container in the fridge for a few days. Heat on the stove to a simmer when ready to serve.

TUESDAY

Sun Dried Tomato Pasta



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

WEDNESDAY

Chicken Pot Pie



- The filling for chicken pot pie can be made 1 day in advance; cover and chill in the refrigerator. Fill your crust and bake the next day, as directed. Leftover chicken pot pie will last in the fridge for up to 5 days, stored in an airtight container.

THURSDAY

Taco Soup



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

FRIDAY

Chicken Alfredo Pizza



- If making homemade pizza dough - make several hours ahead of time and allow to rise in the refrigerator. You can also prep the alfredo sauce ahead of time and store it in the refrigerator for 1-2 days.