



MONDAY



Beef Enchiladas
\$25.58

TUESDAY



Creamy Tortellini Soup
\$7.04

WEDNESDAY



Meatloaf
\$14.99

THURSDAY



Lemon Chicken Pasta
\$16.69

FRIDAY



One Pan Baked Salmon & Veggies
\$19.02

Estimated Total: \$83.32

Produce:

Basil Leaves (1/4 cup)
Parsley (1/4 + 2 Tbsp)
Green Beans (1 lb)
Lemon Juice (1/4 + 2 Tbsp)
Spinach Leaves (1 1/2 cups)
Garlic (12 cloves)
Lemon Slices
Lemon Zest (1 tsp)
Onion (1)
Red / Yellow Potatoes (1 lb. small)
Sweet Onion (1/2 cup)
Yellow Squash (1)
Zucchini (1)

Refrigerated:

Butter (5 Tbsp)
Cheese Tortellini (8 oz)
Eggs (2 large)
Freshly Grated Parmesan Cheese (1 1/2 cups)
Heavy Cream (1/2 cup)
Shredded Cheddar Cheese (1 cup)
Shredded Monterey Jack Cheese (1 cup)

Canned Goods:

Diced Tomatoes (14.5 oz can)
Low-Sodium Beef Broth (2 cups)
Tomato Sauce (8 oz)
Vegetable Broth (3 cups)

Pantry:

All-Purpose Flour (1/4 cup)
Cornstarch (2 Tbsp)
Dijon Mustard (5 1/2 tsp)
Ketchup (4 Tbsp + 1/2 cup)
Light Brown Sugar (6 Tbsp)
Light Olive Oil (2 Tbsp)
Olive Oil (6 Tbsp)
Salsa (1 cup)
Worcestershire Sauce (2 Tbsp)

Protein:

Boneless Skinless Chicken Breasts (2)
Chuck Roast (2 1/2 lb)
Ground Beef (2 lb)
Salmon Fillets (1 1/2 lb)

Bread & Grains:

Breadcrumbs (1/2 cup)
Flour Tortillas (22)
Mini Farfalle Pasta (16 oz)

Seasonings:

Chili Powder
Crushed Red Pepper Flakes
Dried Basil
Dried Oregano
Dried Sage
Garlic Powder
Ground Cumin
Ground Nutmeg
Italian Seasoning
Onion Powder
Sea Salt
Salt & Pepper

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from Scratch™**

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Meal Plan 150

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- French Toast
- Breakfast Skillet
- Biscuits and Gravy Casserole

LUNCH IDEAS

- Taco Soup
- Sheet Pan Chicken Fajitas
- Teriyaki Pasta Salad

SNACK IDEAS

- Healthy Banana Muffins
- Instant Pot Yogurt
- Garlic & Parmesan Kale Chips

MONDAY

Beef Enchiladas



- The enchiladas can be made ahead of time and stored in the fridge up to 3 days. Reheat when ready to serve.

TUESDAY

Creamy Tortellini Soup



- Soup can be made ahead of time and stored in the refrigerator for 3-4 days.

WEDNESDAY

Meatloaf



- Make meatloaf and shape into loaf pan 1-2 days ahead of time. Cover and store in the refrigerator until ready to bake. Allow it to come to room temperature before baking. You can also make the meatloaf sauce several days ahead of time and store it in the refrigerator.

THURSDAY

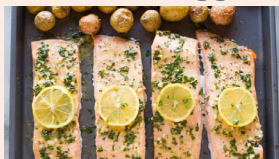
Lemon Chicken Pasta



- Chop the vegetables store in a container, and chicken can be made ahead of time and stored in an air tight container for up to 3 days. Cook pasta according to directions when ready to serve.

FRIDAY

One Pan Baked Salmon & Veggies



- Salmon tastes best when its fresh but can be made ahead of time and stored in the fridge for up to 2 days. Reheat when ready to serve.