



## MONDAY



**Calzones**  
\$5.63

(price without fillings)

## TUESDAY



**Chicken Tetrazzini**  
\$8.92

## WEDNESDAY



**Broccoli Cheese Soup**  
\$13.48

## THURSDAY



**Cottage Pie**  
\$20.70

## FRIDAY



**Cuban Sandwich**  
\$15.53

Estimated Total: \$64.26

### Produce:

Bell Pepper (optional for calzones)  
Carrots (1)  
Celery (4 ribs)  
Broccoli (4 1/2 cups, chopped)  
Onion (1/2 + extra for calzones)  
Finely Diced Celery (1 cup)  
Parsley (1/3 cup, chopped)  
Cremini Mushrooms (8 oz)  
Jalapeno Pepper (optional for calzones)  
Rosemary (1 tsp)  
Thyme (1 tsp)  
Garlic Cloves (9)  
Carrot (1 cup, grated)  
Orange (zest & juice)  
Lime (juice)  
Pineapple (optional for calzones)  
Potatoes (2 small/medium)  
Russet Potatoes (2 1/2 lbs)  
Sliced Mushrooms (optional for calzones)  
Yellow Onion (2 small / medium)

### Pantry:

All-Purpose Flour (3/4 cup)  
Beef Bouillon (1 cup)  
Chicken Bouillon Paste (1 tsp)  
Dijon Mustard (3 Tbsp)  
White Wine (1/4 cup)  
Worcestershire Sauce (2 Tbsp)

### Canned Goods:

Black Olives (optional for calzones)  
Low-Sodium Vegetable Broth (3 cups)  
Low-Sodium Beef Broth (2 1/2 cups)  
Low-Sodium Chicken Broth (1 cup)  
Pickles (1 cups)  
Pizza Sauce (for calzones)  
Tomato Paste (2 Tbsp)

### Refrigerated:

Butter (9 Tbsp + 1/2 cup)  
Egg (1)  
Parmesan Cheese (1 cup + 2 Tbsp)  
Mozzarella Cheese (3 cups)  
Frozen Corn + Peas (1/2 cup, each)  
Half & Half (2 cups)  
Milk (2 1/2 cup)  
Cheddar Cheese (3 1/2 cups)  
Sour Cream (1/4 cup)  
Swiss Cheese (8 slices)  
Whole Milk (1 1/2 cup)

### Bread & Grains:

Ciabatta Rolls (8)  
Linguine Noodles (1 lb)  
Pizza Dough (2 lbs homemade or store bought)

### Protein:

Canadian Bacon, Cooked Chicken, Pepperoni, Italian Sausage (optional for calzones)  
Lean Ground Beef (1 lb)  
Pork Tenderloin (1 lb)  
Cooked Chicken (1 1/2 cup)  
Ground Sausage (1 lb)  
Ham (8 slices)

### Seasonings:

Bay Leaves  
Crushed Red Pepper Flakes  
Dried Oregano Leaves  
Ground Cumin  
Italian Seasoning  
Kosher Salt  
Lawry's Seasoned Salt  
Paprika  
Smoked Paprika  
Salt & Pepper

**Tastes Better  
from Scratch™**

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# Meal Plan 154

## PREP INSTRUCTIONS

**Tastes Better  
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### BREAKFAST IDEAS

- Cranberry Orange Bread
- Eggs Benedict
- Perfect Cinnamon Rolls

### LUNCH IDEAS

- Chickpea Curry
- Dirty Rice
- Veggie Enchiladas

### SNACK IDEAS

- Instant Pot Apple Sauce
- Instant Pot Yogurt
- Healthy Granola

MONDAY

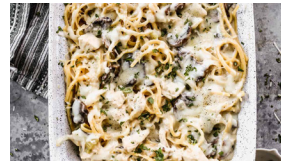
### Calzones



- Homemade pizza dough (if making) can be made up to 3 days in advance and refrigerated. Chop and prepare filling ingredients up to 3 days in advance, depending on freshness of ingredients. Pizza sauce can be made 1 week ahead (optional).

TUESDAY

### Chicken Tetrazzini



- Sauté the vegetables and cook the sauce. Store the sauce and cooked pasta separately in the fridge, and then combine when ready to bake.

WEDNESDAY

### Broccoli Cheese Soup



- Soup can be made ahead of time. Pour in an airtight container and keep in the fridge for 3-4 days. Reheat in microwave or on stovetop.

THURSDAY

### Cottage Pie



- Cook the meat gravy and mashed potatoes and store separately in the fridge for up to 3 days. Rewarm the mashed potatoes in the microwave with a little splash of milk, to re-soften them, and then assemble before baking.

FRIDAY

### Cuban Sandwich



- Marinate pork up to two days before cooking.