



MONDAY



Chicken & Rice Casserole
\$10.75

TUESDAY



Black Bean Quesadillas
\$6.98

WEDNESDAY



Creamy Tomato Basil Soup
\$14.45

THURSDAY



Chicken Fajita Pasta
\$11.38

FRIDAY



Sloppy Joes
\$9.35

Estimated Total: \$52.91

Produce:

Green Bell Pepper (1 1/4)
Carrots (2)
Celery (3 ribs)
Fresh Basil (1/4 cup)
Garlic (5 cloves)
Lemon Juice (3 Tbsp)
Onion (3)
Red Bell Pepper (1)

Pantry:

All Purpose Flour (1/2 cup)
Beef Bouillon Granules (2 Tbsp)
Ketchup (1/3 cup)
Light Brown Sugar (1 tsp)
BBQ Sauce (1/4 cup)
Homemade Onion Soup Mix (1 batch)
Worcestershire Sauce (1 Tbsp)
Oil
Olive Oil
Yellow Mustard

Refrigerated:

Butter (1/2 cup)
Corn (1 heaping cup)
Parmesan (1 cup)
Half & Half (1 1/2 cups)
Milk (2 1/2 cup)
Sour Cream (optional topping)
Salsa (1/4 cup - extra for topping)
Cheddar Cheese (3.5 cups shredded)

Canned Goods:

Black Beans (1 - 15 oz. can)
Cream of Chicken Soup (2 cans)
Diced Tomatoes (3 - 14.5 oz. cans)
Chicken Broth (6 cups)
Tomato Paste (2 Tbsp)
Tomato Sauce (8 oz.)

Bread & Grains:

Flour Tortillas (4 large)
Hamburger Buns (5)
Long Grain White Rice (1 1/2 cup)
Penne (8 oz.)

Seasonings:

Chili Powder
Cumin
Basil
Oregano
Garlic Powder
Onion Flakes
Onion Powder
Parsley Flakes
Celery Seed
Paprika
Salt & Pepper

Protein:

Chicken Breasts or Tenders (1 lb.)
Chicken Breasts (3 Thick)
Ground Beef (1 lb.)

**Tastes Better
from Scratch™**

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Meal Plan 1

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Eggs Benedict
- 5 Minute Whole Wheat Pancakes
- Green Smoothie

LUNCH IDEAS

- Radicchio Salad
- Classic Chili
- Whipped Feta Dip with Roasted Vegetables

SNACK IDEAS

- Granola Bites
- Carrot Muffins
- Crab Artichoke Dip

MONDAY

Chicken & Rice Casserole



- This is a great make-ahead recipe. Prepare the dish but do not bake. Cover it well and store in the refrigerator for 1-2 days before baking.

TUESDAY

Black Bean Quesadillas



- Filling can be made ahead of time and stored in an air tight container in the fridge up to 3 days until ready to cook.

WEDNESDAY

Creamy Tomato Basil Soup



- Soup can be made ahead of time. Store soup covered, in the refrigerator for 4-5 days.

THURSDAY

Chicken Fajita Pasta



- The fajita pasta tastes best fresh but can be made ahead of time and stored in an air tight container in the fridge for up to 3 days. Reheat when ready to serve.

FRIDAY

Sloppy Joes



- The sloppy joe meat filling can be made up to 2 days ahead of time, depending on the freshness of the beef. Store in the refrigerator and reheat and serve on toasted buns when ready to eat.