



## MONDAY



**Slow Cooker Chicken Tacos**  
\$5.60

## TUESDAY



**American Goulash**  
\$13.34

## WEDNESDAY



**Pesto Veggie Pizza**  
\$17.93

## THURSDAY



**White Chicken Chili**  
\$19.02

## FRIDAY



**Pork Chop with Creamy Mustard Sauce**  
\$7.93

Estimated Total: \$63.92

### Produce:

Corn (1 cup)  
Lime Juice (3 tsp)  
Garlic Cloves (5)  
Lemon Juice (2 tsp)  
Lime (1/2 small)  
Onion (1 large)  
Pesto Sauce (1/2 cup)  
Yellow Onion (1 small)  
Baby Spinach, Zucchini, Purple Onion, Bell Pepper, Cherry Tomatoes, Artichoke, Mushrooms, Asparagus, Broccoli (Optional Veggie Pizza toppings)  
Green Onion, Cilantro (optional White Chicken Chili topping)

### Canned Goods:

Diced Green Chilies (2 - 4 oz cans)  
Great Northern Beans (2 - 15 oz cans)  
Low-Sodium Beef Broth (2 1/2 cup)  
Low-Sodium Chicken Broth (3 1/2 cups)  
Tomato Paste (6 oz)  
Tomato Sauce (15 oz)

### Pantry:

Dijon Mustard (1 Tbsp)  
Sugar (1 Tbsp)  
Italian Salad Dressing (1/3 cup)  
Olive Oil (2 Tbsp)  
Worcestershire Sauce (1 Tbsp)

### Refrigerated:

Cheddar Cheese, grated (1 cup + extra for serving)  
Parmesan Cheese, grated (1/4 cup)  
Half & Half (2/3 cup)  
Mozzarella Cheese, shredded (1 cup)  
Sour Cream (1 cup)

### Protein:

Boneless Pork Chops (4)  
Boneless Skinless Chicken Breasts (1 lb)  
Cooked Chicken (2 heaping cups)  
Lean Ground Beef or Turkey (1 lb)

### Bread & Grains:

Elbow Noodles (1 1/2 cup)  
Pizza Dough (homemade or store bought)  
Tortilla Chips (for serving)

### Seasonings:

Cayenne Pepper  
Chili Powder  
Crushed Red Pepper Flakes  
Cumin  
Dried Basil  
Dried Oregano  
Dried Parsley  
Garlic Powder  
Paprika  
Ground Cumin  
Onion Powder  
Paprika  
Salt & Pepper

**Tastes Better  
from Scratch™**

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 158

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- Brioche French Toast
- Breakfast Casserole
- Skinny Chocolate Muffins

### LUNCH IDEAS

- Harissa Pasta
- Veggie Enchiladas
- Chicken Noodle Casserole

### SNACK IDEAS

- Whipped Goat Cheese
- Granola Bites
- Instant Pot Yogurt

MONDAY

#### Slow Cooker Chicken Tacos



- The shredded chicken can be made up to 2 days in advance. Store in a sealed container in the refrigerator and heat before using.

TUESDAY

#### American Goulash



- This meal is best served immediately, but leftovers may be stored in a container in the fridge for a few days and reheated in the microwave.

WEDNESDAY

#### Pesto Veggie Pizza



- Prepare the crust ahead of time and store it in the fridge or freezer. I also like to cut the veggies ahead to make this veggie pizza extra quick to throw together.

THURSDAY

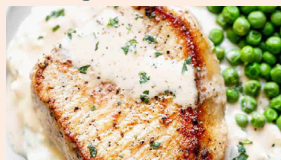
#### White Chicken Chili



- Store white chicken chili in the refrigerator for 3-4 days after making. Reheat in the microwave or on the stovetop.

FRIDAY

#### Pork Chop with Creamy Mustard Sauce



- Store cooked pork chops in a sealed container in the refrigerator for 2-3 days. Reheat when ready to serve.