



## MONDAY



**Pizza Sliders**  
\$7.95

## TUESDAY



**French Onion Soup**  
\$20.80

## WEDNESDAY



**Pastalaya**  
\$15.69

## THURSDAY



**One Pan Baked  
Salmon & Veggies**  
\$19.02

## FRIDAY



**Tostada**  
\$16.03

Estimated Total: \$79.49

### Produce:

Avocado (1 large)  
Celery (1 piece + 3 ribs)  
Basil, chopped (1 Tbsp)  
Parsley, chopped (2 Tbsp)  
Green Beans (1 lb)  
Lemon Juice (2 Tbsp)  
Garlic (12 cloves)  
Green Bell Pepper (1)  
Green Onions (4)  
Lemon Slices (for serving)  
Lettuce (1/2 head)  
Onions (1 1/2 lb + 1/2 onion)  
Oregano, chopped (1 Tbsp)  
Red / Yellow Potatoes (1 lb. small)  
Yellow or White Onion (1)

### Canned Goods:

Low-Sodium Beef Broth (6 cups)  
Low-Sodium Chicken Broth (2 1/2 cups)  
Marinara Sauce (1/3 cup)  
Petite Diced Tomatoes (14.5 oz can)  
Refried Beans (1 can)

### Refrigerated:

Butter (1/4 cup + 7 Tbsp)  
Parmesan Cheese, grated (2/3 cup)  
Mozzarella Cheese, shredded (1 1/2 cup)  
Gruyere Cheese (1 cup)  
Mexican Crema (for serving)  
Queso Fresco (for serving)

### Protein:

Pepperoni Slices (4 oz)  
Andouille Sausages (1 lb)  
Boneless Skinless Chicken Breasts (1.5 lbs)  
Ground Beef (1 lb)  
Salmon Fillets (1.5 lb)

### Bread & Grains:

Hawaiian Rolls (12)  
French Baguette (8 slices)  
Penne Pasta (1 lb)  
Tostada Shells (10)

### Seasonings:

Bay Leaves  
Cajun Seasoning  
Cayenne Pepper  
Chili Powder  
Cumin  
Dried Basil  
Dried Thyme  
Garlic Powder  
Oregano  
Paprika  
Kosher Salt  
Salt & Pepper  
Sea Salt

### Pantry:

All Purpose Flour (2 Tbsp)  
Dijon Mustard (1 1/2 tsp)  
Sugar (1/2 tsp)  
Light Olive Oil (2 Tbsp)  
Oil (2 Tbsp)  
Olive Oil (4 Tbsp)  
Salsa (for serving)  
White Wine (1/2 cup)

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from Scratch™**

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# Meal Plan 165

## PREP INSTRUCTIONS

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### BREAKFAST IDEAS

- Strawberry Overnight Oats
- Green Smoothie
- Applesauce Muffins

### LUNCH IDEAS

- Sheet Pan Chicken Fajitas
- Chicken Quesadillas
- Air Fryer Grilled Cheese

### SNACK IDEAS

- Panna Cotta
- Buffalo Chicken Dip
- Power Muffins

MONDAY

#### Pizza Sliders



- Rolls can be assembled a few hours ahead of time.

TUESDAY

#### French Onion Soup



- The soup base can be made a day in advance, stored in the fridge. Wait to add the bread and cheese until ready to serve. Reheat the soup on the stove, and then ladle into oven-safe bowls, add the bread and cheese, and broil.

WEDNESDAY

#### Pastalaya



- Chop the veggies, chicken, and sausage in the morning. It will make this jambalaya pasta recipe such a breeze.

THURSDAY

#### One Pan Baked Salmon & Veggies



- Chop vegetables, set aside. Sauce can be made ahead of time and stored in an airtight container in the fridge.

FRIDAY

#### Tostada



- Have everything prepped and stored separately in the fridge. When ready to eat, re-warm the meat and beans and assemble the tostadas.