



## MONDAY



**Boursin Pasta**  
\$33.71

## TUESDAY



**Taco Pie**  
\$9.78

## WEDNESDAY



**Jerk Chicken Bowl**  
\$8.69

## THURSDAY



**Southwest Vegetarian  
Stuffed Peppers**  
\$19.60

## FRIDAY



**Ham and Cheese  
Sliders**  
\$12.70

Estimated Total: \$84.48

### Produce:

Avocados (2 + more for serving)  
Cilantro, chopped (1/4 cup + more for serving)  
Parsley, chopped (1/4 cup)  
Pineapple (1/2 cup)  
Garlic Cloves (3)  
Green Bell Pepper (1/2)  
Green Onions (4)  
Lime Juice (1 tsp)  
Mango (1)  
Red Bell Pepper (1)  
Shallot (1)  
Small Onion (1)  
Sweet Bell Peppers (6)

### Pantry:

Dijon Mustard (3 tsp)  
Granulated Sugar (1 tsp)  
Honey (2 Tbsp)  
Ketchup (2 tsp)  
Olive Oil (4 Tbsp)  
Taco Seasoning (1 packet + 2 Tbsp)  
Worcestershire Sauce (2 tsp)

### Canned Goods:

Black Beans (2 - 15 oz)  
Chipotle Pepper in Adobo Sauce (1)  
Cream of Chicken Soup (1 can)  
Diced Tomatoes with Green Chiles (2 - 15.5 oz)  
Red Beans (15 oz)

### Refrigerated:

Butter (2 Tbsp)  
Cheese (8 oz)  
Grated Parmesan Cheese (1/2 cup)  
Frozen Corn (1 cup)  
Mexican Blend Cheese (1 1/2 cup)  
Packages Garlic Herb Boursin Cheese (2 - 5 oz)  
Salted Butter (1/2 cup)  
Shredded Cheese (1/2 cup)  
Sour Cream (for serving)

### Protein:

Boneless Skinless Chicken Breasts (1 lb)  
Boneless Skinless Chicken Tenders (1 1/2 lb)  
Cooked Chicken (3 cups)  
Good Quality Ham (12 slices)

### Bread & Grains:

Cooked Rice (1 1/2 cups)  
Corn Tortillas (10)  
Hot Cooked Rice (5 cups)  
Slider Rolls (12)  
Dry Farfalle Noodles (1 lb)

### Seasonings:

Dried Minced Onion  
Garlic Powder  
Jamaican Jerk Seasoning  
Salt & Pepper

**Tastes Better  
from Scratch™**

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# Meal Plan 170

## PREP INSTRUCTIONS

**Tastes Better  
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### BREAKFAST IDEAS

- Sour Cream Coffee Cake
- Eggs Benedict
- Buttermilk Pancakes

### LUNCH IDEAS

- Pesto Pasta Salad
- Chick-fil-a Crispy Chicken Sandwich Copycat
- French Onion Soup

### SNACK IDEAS

- Beer Bread
- Deviled Eggs
- Chocolate Overnight Oats

MONDAY

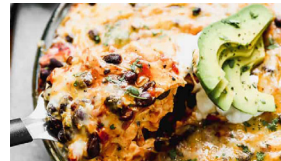
#### Boursin Pasta



- Pasta can be made ahead of time and stored in an air tight container for up to 3 days. Reheat when ready to serve.

TUESDAY

#### Taco Pie



- Taco Pie can be made ahead of time and stored in an air tight container for up to 3 days. Reheat when ready to serve.

WEDNESDAY

#### Jerk Chicken Bowl



- The pineapple sauce can be made ahead of time and kept in the fridge. I also chop the bell pepper and mango ahead of time. Just keep everything in separate containers in the fridge.

THURSDAY

#### Southwest Vegetarian Stuffed Peppers



- These stuffed peppers can be made 1-2 days ahead of time. Make the recipe through step 6, fill the peppers with filling, top them with cheese and store, covered, in the refrigerator.

FRIDAY

#### Ham and Cheese Sliders



- You can assemble the sliders completely and refrigerate them (well covered) for 1-2 days, depending on the freshness of your ingredients. Remove from fridge 15 minutes before baking, and bake as instructed.