



MONDAY



Sheet Pan Chicken Fajitas
\$16.62

TUESDAY



White Pizza
\$12.78

WEDNESDAY



Thai Basil Beef
\$13.45

THURSDAY



Lasagna Stuffed Shells
\$12.30

FRIDAY



Chicken Pot Pie
\$10.84

Estimated Total: \$65.99

Produce:

- Baby Arugula Greens (2 cups)
- Bell Peppers (3)
- Celery (1.2 cup)
- Cilantro (1/4 cup)
- Ginger (1 Tbsp)
- Garlic Cloves (16)
- Green Onions (3)
- Holy Basil Leaves (1 1/2 cup)
- Lemon Juice (for serving)
- Lime (1)
- Onion (1 + 1/3 cup)
- Red Bell Pepper (1)
- Shallots (2)
- Yellow Onion (1)
- Avocado, Pico De Gallo (for serving)

Protein:

- Boneless Skinless Chicken Breasts (2.50 lb)
- Ground Sausage (1/2 lb)
- Lean Ground Beef (2 lb)

Canned Goods:

- Diced Tomatoes (14.5 oz)
- Low-Sodium Beef Broth (3/4 cup)
- Tomato Paste (6 oz)
- Tomato Sauce (16 oz)

Refrigerated:

- Ball Fresh Mozzarella (8 oz)
- Butter (1/3 cup)
- Dough for 2 Pie Crusts (2 - 9 inch)
- Eggs (2 large)
- Grated Parmesean Cheese (2/3 cup)
- Grated Pecorino Romano or Parmesan (1/3 cup)
- Frozen Veggies (8 oz)
- Milk (1 cup + 1 Tbsp)
- Ricotta Cheese (1 1/3 cup)
- Shredded Mozzarella Cheese (2 cups)
- Sour Cream, Guacamole, Shredded Cheese (for serving)

Pantry:

- All Purpose Flour (1/3 cup)
- Brown Sugar (1 Tbsp)
- Chicken Bouillon Paste (1 tsp)
- Chili Paste with Garlic (5 Tbsp)
- Cornstarch (2 tsp)
- Fish Sauce (1 Tbsp)
- Low-Sodium Soy Sauce (1.2 cup)
- Oil (3 Tbsp)
- Olive Oil (2 Tbsp)
- Oyster Sauce (1 1/2 Tbsp)
- Vegetable Oil (2 Tbsp)

Bread & Grains:

- Dough for One Large Pizza
- Flour Tortillas (8 small)
- Hot Cooked Rice (5 cups)
- Jumbo Pasta Shells (12 oz box)

Seasonings:

- Cayenne Pepper
- Celery Seed
- Chili Powder
- Cumin
- Dried Oregano
- Dried Thyme
- Garlic Powder
- Italian Seasoning
- Kosher Salt
- Onion Powder
- Paprika
- Salt & Pepper



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Meal Plan 172

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Yeasted Waffles
- Freezer Breakfast Sandwich
- Breakfast Quesadillas

LUNCH IDEAS

- Broccoli Apple Salad
- Grilled Ham and Cheese
- Taco Soup

SNACK IDEAS

- Strawberry Banana Smoothie
- Applesauce Muffins
- Chocolate Protein Shake

MONDAY

Sheet Pan Chicken Fajitas



- Slice all of the veggies and cut the chicken and store them separately in the refrigerator until ready to bake. Make the seasoning up to several days in advance and store it in a jar at room temperature.

TUESDAY

White Pizza



- If you are looking to save time, pre-bake the dough ahead of time, allow it to cool completely, and store it covered, in the refrigerator for 1-2 days until ready to add toppings and bake. The entire pizza can also be assembled 1-2 days ahead of time.

WEDNESDAY

Thai Basil Beef



- Basil beef can be made ahead of time and stored in an airtight container for up to 3 days. Reheat when ready to serve.

THURSDAY

Lasagna Stuffed Shells



- Assemble the entire dish, cover and store in the fridge until ready to bake.

FRIDAY

Chicken Pot Pie



- The filling for chicken pot pie can be made 1 day in advance; cover and chill in the refrigerator. Fill your crust and bake the next day, as directed. Leftover chicken pot pie will last in the fridge for up to 5 days, stored in an airtight container.