



MONDAY



Slow Cooker Creamy Ranch Pork Chops
\$12.53

TUESDAY



Pozole Verde
\$34.48

WEDNESDAY



Homemade Spaghetti
\$9.97

THURSDAY



Mushroom Tacos
\$6.97

FRIDAY



Healthy Chicken Pasta Salad
\$16.63

Estimated Total: \$80.58

Produce:

- Avocado (1 large)
- Baby Spinach Leaves (4 oz + 1/4 cup)
- Cilantro (1/2 cup)
- Jalapeno Pepper (2)
- Garlic Cloves (10)
- Green Onions (2)
- Lime (1 1/2)
- Onion (2)
- Poblano Peppers (2)
- Portobello Mushroom Caps (3)
- Radishes (4)
- Serrano Peppers (2)
- Cabbage (1 cup, shredded)
- Tomatillos (1 lb)
- White Onion (1/2 cup)
- Lemon (1)
- Orange (1)
- Optional: Bell Peppers, Cabbage, Corn

Canned Goods:

- Black Beans (for serving)
- Cream of Chicken Soup (10.5 oz)
- Cream of Mushroom Soup (10.5 oz)
- Hominy (30 oz)
- Low-Sodium Chicken Broth (6 cups)
- Mandarin Oranges (11 oz)
- Tomato Paste (6 oz)
- Tomato Sauce (15 oz)

Refrigerated:

- Cheese (for serving)
- Parmesan Cheese, grated (1/3 cup)
- Milk (1 cup)
- Plain Greek Yogurt (2 Tbsp)
- Sour Cream (1/2 cup)

Pantry:

- Chicken Bouillon Cubes (2)
- Dijon Mustard (2 tsp)
- Dried Cranberries (1/2 cup)
- Sugar (1 Tbsp)
- Honey (3 Tbsp)
- Hot Sauce (for serving)
- Olive Oil (4 Tbsp)
- Slivered Almonds (1/3 cup)
- Taco Seasoning (1 Tbsp)
- Worcestershire Sauce (1 Tbsp)
- Salsa or Pico de Gallo (for serving)

Protein:

- Bone-in, skin-on Chicken Thighs (6)
- Cooked Chicken (2 cups)
- Ground Beef (1 lb)
- Pork Chops (4)

Bread & Grains:

- Farfalle Pasta (8 oz)
- Spaghetti Noodles (for serving)
- Tortilla Chips (for serving)
- Corn or Flour Tortillas (4)

Seasonings:

- Bay Leaves
- Crushed Red Pepper Flakes
- Dried Basil
- Dried Dill
- Dried Oregano
- Dried Parsley Flakes
- Fine Sea Salt
- Black Pepper
- Garlic Powder
- Ground Cumin
- Italian Seasoning
- Onion Powder
- Salt



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 177

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Protein Waffles
- Scones
- German Pancakes

LUNCH IDEAS

- Cedar Plank Salmon
- Slow Cooker Chicken Tacos
- Waldorf Salad

SNACK IDEAS

- Healthy Granola
- Chocolate Protein Shake
- Hummus

MONDAY

Slow Cooker Creamy Ranch Pork Chops



- Pork Chops can be made ahead of time and stored in an airtight container for up to 3 days - reheat when ready to serve.

TUESDAY

Pozole Verde



- Store soup for 3-4 days in the fridge. Rewarm on the stove.

WEDNESDAY

Homemade Spaghetti



- This homemade spaghetti sauce can be easily made ahead of time. Store it in the fridge for 3 to 4 days or freeze it.

THURSDAY

Mushroom Tacos



- This meal tastes best fresh but can be made ahead of time and stored in the fridge. Reheat when ready to serve.

FRIDAY

Healthy Chicken Pasta Salad



- Pasta can be made ahead of time and stored in an airtight container for up to 3 days.