



## MONDAY



**Pizza Quesadillas**  
\$7.31

## TUESDAY



**Chicken Noodle Casserole**  
\$15.98

## WEDNESDAY



**Vegetarian Enchiladas**  
\$19.63

## THURSDAY



**Hamburger Gravy**  
\$8.19

## FRIDAY



**Italian Grinder Salad**  
\$10.47

Estimated Total: \$61.58

### Produce:

Avocado (1)  
Bell Pepper (1)  
Cherry Tomatoes (1/2 cup)  
Onion (1 cup)  
Garlic (4 cloves)  
Iceberg Lettuce (4 cups)  
Red Onion (1/4 cup)  
Sweet Potatoes (2 small/medium)  
Optional: Spinach Leaves, Parsley, Cilantro, Mushrooms, Green Beans or Roasted Vegetables, Jalapenos or Yellow Pepper

### Canned Goods:

Black Beans (15 oz)  
Black Olives (1/4 cup)  
Low-Sodium Chicken Broth (4 cups)  
Pizza Sauce (1 cup)  
Sliced Olives (optional)

### Pantry:

All-Purpose Flour (1/2 cup + 3 Tbsp)  
Beef Bouillon Paste (2 tsp)  
Red Enchilada Sauce (store bought or homemade - 1 batch)  
Italian Dressing (1/4 cup)  
Olive Oil (2 Tbsp)

### Refrigerated:

Butter (1/2 cup + 1 Tbsp)  
Cottage Cheese (24 oz)  
Egg (1 large)  
Parmesan Cheese, grated (3/4 cup)  
Milk (2 1/2 cups)  
Cheddar Cheese, shredded (2 cups)  
Shredded Cheese (3 1/4 cups)  
Mozzarella Cheese, shredded (2 cups)

### Protein:

Cooked Chicken (4 cups)  
Ground Beef (1 lb)  
Salami (2 oz)  
Turkey Pepperoni Slices (2 oz)  
Deli Sliced Turkey (4 oz)  
Optional: Ground Sausage, Pepperoni

### Bread & Grains:

Brown Rice, cooked (2 cups)  
Egg Noodles (12 oz)  
Flour Tortillas (14 large)  
Pasta, Rice, Biscuits, Bread, Toast,  
Breakfast Potatoes, Mashed Potatoes  
(for serving)

### Seasonings:

Crushed Red Pepper Flakes  
Dried Basil  
Dried Thyme  
Garlic Powder  
Ground Sage  
Italian Seasoning  
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 182

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- Bran Muffins
- Healthy Breakfast Smoothie
- Biscuits and Gravy Casserole

### LUNCH IDEAS

- Tomato Soup
- Italian Grilled Cheese
- Chicken Caesar Pasta Salad

### SNACK IDEAS

- Pitaya Bowl
- Applesauce Muffins
- Chocolate Overnight Oats

MONDAY

#### Pizza Quesadillas



- Pizza quesadillas can be made ahead of time and frozen. You can make this old fashioned chicken and noodles casserole up to 24 hours ahead of time. Slightly undercook the egg noodles then assemble, cover tightly with foil and refrigerate. Remove from fridge 30 minutes before baking.

TUESDAY

#### Chicken Noodle Casserole



- You can make this old fashioned chicken and noodles casserole up to 24 hours ahead of time. Slightly undercook the egg noodles then assemble, cover tightly with foil and refrigerate. Remove from fridge 30 minutes before baking.

WEDNESDAY

#### Vegetarian Enchiladas



- Make the black bean enchiladas filling then store it separately in the refrigerator up to 2 days ahead of time. Assemble enchiladas when ready to bake. You can also make the enchilada sauce sauce several days in advance. Store in the fridge in an airtight container.

THURSDAY

#### Hamburger Gravy



- Store leftover hamburger gravy in the refrigerator for up to 5 days. Rewarm in the microwave or stovetop, adding a little milk or broth to thin it as needed.

FRIDAY

#### Italian Grinder Salad



- Chop and prep salad up to a few days ahead of time (depending on freshness of ingredients), and wait to add dressing until serving.