



MONDAY



Baked Ziti
\$8.90

TUESDAY



Black Bean Burger
\$6.90

WEDNESDAY



Mini Meatloaf
\$11.54

THURSDAY



BBQ Chicken Drumsticks
\$8.53

FRIDAY



Crispy Southwest Wrap
\$14.18

Estimated Total: \$50.05

Produce:

Corn (1 cup)
Garlic (7 cloves)
Green Bell Pepper (1/2)
Green Onion (1)
Lime Juice (2 tsp)
Onion (1/2 small + 1/2 cup)
Red Bell Pepper (1/2)
Desired Burger Toppings: Lettuce, Tomato, etc.

Canned Goods:

Chipotle Peppers in Adobo Sauce (1)
Black Beans (30 oz)
Diced Tomatoes (14.5 oz)
Tomato Sauce (23 oz)

Refrigerated:

Egg (2)
Parmesan Cheese, grated (1/2 cup)
Half and Half (1/2 cup)
Cheddar Cheese, shredded (1 1/2 cup)
Mozzarella Cheese, shredded (1 cup)
Sour Cream (1/2 cup)

Pantry:

BBQ Sauce (1 Tbsp)
Dijon Mustard (2 tsp)
Sugar (1/2 cup)
Ketchup (1/2 cup)
Light Brown Sugar (1 cup)
Low-Sodium Soy Sauce (1 cup)
Mayonnaise (1 cup)
Mustard (1 Tbsp + 1 tsp)
White Vinegar (2 Tbsp)

Bread & Grains:

Cooked Rice (1 cup)
Flour Tortillas (6 large)
Hamburger Buns (4)
Panko Bread Crumbs (2/3 cup)
Whole Wheat Breadcrumbs (2/3 cup)
Ziti Pasta (12 oz)

Protein:

Chicken Drumsticks (12 large)
Ground Beef (1 lb)
Ground Italian Sausage (1 lb)
Lean Ground Beef (1.5 lb)

Seasonings:

Chili Powder
Crushed Red Pepper Flakes
Cumin
Basil
Oregano Leaves
Garlic Powder
Ground Cumin
Ground Nutmeg
Salt & Pepper

**Tastes Better
from Scratch™**

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Meal Plan 184

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Cottage Cheese Pancakes
- Strawberry Banana Smoothie
- Hashbrown Breakfast Casserole

LUNCH IDEAS

- Cold Noodle Salad
- Italian Grilled Cheese Sandwich
- Lasagna Soup

SNACK IDEAS

- Homemade Fruit Pops
- 7 Layer Dip
- Granola Bites

MONDAY

Baked Ziti



- Follow the directions of making the sauce, up to step 4. Don't add and cook the noodles, yet. Continue with step 5 just before you want to serve the homemade baked ziti.

TUESDAY

Black Bean Burger



- Assemble black bean burger patties and keep covered in the refrigerator until ready to cook.

WEDNESDAY

Mini Meatloaf



- This meatloaf is easily prepped in the morning or even the night before, making dinnertime way less stressful. I also like to make extra and freeze the individual portion sizes for future quick meals.

THURSDAY

BBQ Chicken Drumsticks



- BBQ sauce can be made ahead of time and stored in the fridge until ready to serve.

FRIDAY

Crispy Southwest Wrap



- You can make the filling in advance, just store it in an airtight container in the fridge. Assemble and pan-fry when ready to serve! Or, the entire wraps could be assembled a few hours ahead of time, and pan-fried when ready to eat.