



## MONDAY



**Chicken Casserole**  
\$6.96

## TUESDAY



**Shredded Beef Enchiladas**  
\$25.58

## WEDNESDAY



**Pesto Veggie Pizza**  
\$14.15

## THURSDAY



**Tortellini Caprese Salad**  
\$18.91

## FRIDAY



**Hawaiian Bowl**  
\$16.62

Estimated Total: \$82.22

### Produce:

Bell Peppers (2)  
Celery (1 cup)  
Cherry Tomatoes (2 cups)  
English Cucumber (1/2)  
Garlic (3 cloves)  
Lemon Juice (2 Tbsp)  
Mixed Greens Lettuce (5 cups)  
Onion (1 Tbsp)  
Pesto Sauce (1/2 cup)  
Orange Bell Pepper (1)  
Pineapple: (1/2)  
Red Onion (1 1/2)  
Zucchini (2)  
Optional Toppings: Artichoke, Mushrooms, Asparagus, Broccoli, Spinach, Bell Pepper, Arugula, Corn, Basil Leaves, Purple Onion

### Bread & Grains:

Flour Tortillas (22)  
Minute Rice (1 cup)  
Pizza Dough (1 - homemade or store bought)  
Coconut Rice (1 batch or replace for regular rice - for serving)

### Pantry:

Corn Flakes (1 cup)  
Cornstarch (2 Tbsp + 2 tsp)  
Dijon Mustard (2 tsp)  
Extra Virgin Olive Oil (1/2 cup)  
Honey (1 Tbsp + 2 tsp)  
Light Brown Sugar (1/4 cup + 1 Tbsp)  
Low-Sodium Soy Sauce (1/2 cup)  
Mayonnaise (3/4 cup)  
Red Wine Vinegar (4 Tbsp)  
Rice Vinegar (2 Tbsp)  
Salsa (1 cup)  
Sesame Oil (1 Tbsp)  
Slivered Almonds (1/4 cup)

### Refrigerated:

Butter (1 Tbsp)  
Cheese Tortellini (10 oz)  
Eggs (3 large)  
Feta Cheese Crumbles (1/2 cup)  
Parmesan Cheese, grated (1/4 cup)  
Cheddar Cheese, shredded (1 cup)  
Monterey Jack Cheese, shredded (1 cup)  
Mozzarella Cheese, shredded (1 cup)

### Canned Goods:

Cream of Chicken Soup (10.5 oz)  
Low-Sodium Beef Broth (2 cups)  
Optional: Artichoke Hearts, Garbanzo Beans

### Protein:

Chicken Tenders (6)  
Chuck Roast (2.5 lbs)  
Cooked Chicken (2 cups)

### Seasonings:

Chili Powder  
Crushed Red Pepper Flakes  
Dried Oregano  
Garlic Powder  
Ground Cumin  
Ground Ginger  
Italian Seasoning  
Onion Powder  
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 185

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- Huevos Rancheros
- Buttermilk Pancakes
- Chocolate Protein Shake

### LUNCH IDEAS

- BBQ Mason Jar Salad
- Taco Soup
- Croque Monsieur

### SNACK IDEAS

- Buffalo Chicken Dip
- Applesauce Muffins
- Chocolate Overnight Oats

MONDAY

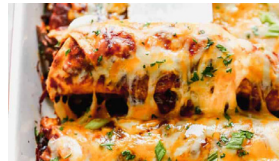
#### Chicken Casserole



- Make the chicken/rice mixture, spread it in the pan, cover and refrigerate. When you're ready to bake this traditional Chicken Casserole, sprinkle the buttered cornflakes on top and bake as directed.

TUESDAY

#### Shredded Beef Enchiladas



- Prepared enchiladas can be frozen for up to 3 months, before baking. Thaw overnight in the fridge and then bake as instructed, or bake from frozen, covered in aluminum foil for about 1 hour 20 minutes, then uncover and bake for an additional 20-30 minutes or until warm and bubbly.

WEDNESDAY

#### Pesto Veggie Pizza



- You can enjoy this pizza hot or cold and make it all (or just do the prep work) ahead of time.

THURSDAY

#### Tortellini Caprese Salad



- Salads can be made ahead of time and stored in the fridge for up to 5 days. Just dump in a bowl and enjoy.

FRIDAY

#### Hawaiian Bowl



- This meal can be prepped ahead of time by chopping all of the vegetables, making the teriyaki sauce, and marinating the chicken.