MONDAY



Egg Roll in a Bowl

TUESDAY



Cajun Chicken Pasta

WEDNESDAY



Creamy Tomato Basil Soup

THURSDAY



Mini Meatloaf

FRIDAY



Sweet & Sour Chicken

DESSERT



Caramel Apple Dip

WEEK 2
FALL MEAL PLAN

WEEK 2 MENU:
Egg Roll in a Bowl
Cajun Chicken Pasta
Creamy Tomato Basil Soup
Mini Meatloaf
Sweet & Sour Chicken
Dessert: Caramel Apple Dip

Want to Swap Out a Recipe? No Problem.
1. Login or create a free account.
2. Navigate to the recipe collections page.
3. In the "your collections" category, hover over "pre-made collections" and select "Fall Meal Plan Week 2".
See our tutorials for how to:
Customize the meal plan and Create a new shopping list

Need Additional Help?
Our team is happy to answer any questions or even help you customize your meal plan. Contact us at hello@tastesbetterfromscratch.com.

We also have video tutorials **HERE** to help you get the most from our free meal planning tools.

Want the printable recipes +
- Make Ahead Instructions
- Gluten Free Substitutions
- Dairy Free Substitutions
- Additional Fall Recipe Ideas

Check out our paid version of the fall meal plan for $7.99

WEEK 2
SHOPPING LIST

Tastes Better from Scratch™

Refrigerated:

Butter (1/2 cup + 2 Tbsp)
Cream Cheese (8 oz)
Eggs (4 large)
Parmesan Cheese, grated (1 3/4 cup)
Half and Half (1 1/2 cups)
Heavy Whipping Cream (1 1/2 cups)
Milk (1 cup)

Produce:

Apple (for Caramel Apple Dip)
Bell Peppers (2)
Carrots (2)
Celery (3 ribs)
Basil (3/4 cup)
Cilantro (1/2 cup)
Jalapeno Pepper (1/2)
Ginger (1 Tbsp)
Garlic (1 Tbsp + 3 cloves)
Green Onions (2)
Onion (1 small + 1/2 cup)
Pineapple Chunks (1 cup)
Sweet Onion (1/2)
Tricolor Coleslaw (16 oz bag)
Yellow Onion (1)
Optional For Serving: Fresh Veggies

Canned Goods:

Diced Tomatoes (2 - 14.5 ounce cans)
Low-sodium Chicken Broth (4 cups)
Tomato Paste (2 Tbsp)

Bread & Grains:

Farfalle Pasta (8 oz)
Hot Cooked Rice (11 cups)
Panko Bread Crumbs (2/3 cup)
Cooked White Rice or Cauliflower Rice (for serving)

Protein:

Boneless Skinless Chicken Breasts (4 breast + 1 lb)
Ground Pork - or Ground Turkey, Chicken, Beef or Cooked Shrimp (1 lb)
Lean Ground Beef - or Ground Turkey (1.5 lb)

Pantry:

All Purpose Flour (1/2 cup)
Apple Cider Vinegar (1 cup)
BBQ Sauce (1 Tbsp)
Caramel Sauce (1/3 cup)
Cornstarch (1 cup + 1.5 Tbsp)
Dijon Mustard (2 tsp)
Granulated Sugar (1 cup + 1 Tbsp)
Hoisin Sauce (1 Tbsp)
Ketchup (1 cup)
Light Brown Sugar (1/3 cup)
Low-sodium Soy Sauce (4 Tbsp)
Mustard (1 Tbsp)
Oil (1/4 cup)
Olive Oil (1 Tbsp)
Rice Vinegar (1 Tbsp)
Sesame Oil (2 tsp)
Vanilla Extract (1/2 tsp)
Hot Sauce - Sambal Oelek, Gochujang or Sriracha (for serving)
Egg Roll Sauce (for serving)

Seasonings:

Cajun Seasoning
Chili Powder
Dried Basil Leaves
Oregano
Freshly Ground Black Pepper
Garlic Powder
Garlic Salt
Ground Cinnamon
Ground Nutmeg
Salt

RECIPES:

- Egg Roll in a Bowl
- Cajun Chicken Pasta
- Creamy Tomato Basil Soup
- Mini Meatloaf
- Sweet and Sour Chicken
- Caramel Apple Dip

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!