



MONDAY



Chicken Tinga
\$10.22

TUESDAY



BBQ Chicken Pizza
\$10.26

WEDNESDAY



Hamburger Gravy
\$8.20

THURSDAY



Manicotti
\$17.63

FRIDAY



Slow Cooker Ribs
\$24.42

Estimated Total: \$70.73

Produce:

- Avocado (for serving)
- Onion, chopped (1/3 cup)
- Basil Leaves (1/4 cup)
- Parsley, chopped (2 Tbsp)
- Cilantro (for serving)
- Garlic (6 cloves)
- Onion (1 small chunk + 1 onion)
- Red Onion (1/4 large)
- Roma Tomatoes (4)
- Lettuce (for serving)
- Green Beans or Roasted Vegetables (for serving)

Bread & Grains:

- Dough for one large pizza
- No-boil Lasagna Noodles (16)
- Tostada Shells (for serving)
- For Serving Hamburger Gravy (Mashed Potatoes, Pasta, Rice, Biscuits. Bread or Toast, Breakfast Potatoes)

Canned Goods:

- Chipotle Peppers in Adobo Sauce (1 can)
- Marinara Sauce (3 cups)
- Refried Beans (for serving)

Pantry:

- All-Purpose Flour (3 Tbsp)
- BBQ Sauce (1/2 cup + 32 oz)
- Beef Bouillon Paste (2 tsp)
- Chicken Bouillon (1 tsp)
- Light Brown Sugar (1 tsp)
- Olive Oil (1 Tbsp)

Refrigerated:

- Butter (1 Tbsp)
- Eggs (2 large)
- Parmesan Cheese, grated (2 cups)
- Mexican Crema or Sour Cream (for serving)
- Milk (2 1/2 cups)
- Queso Fresco (for serving)
- Ricotta Cheese (3 cups)
- Mozzarella Cheese, shredded (2 cups + 8 oz)

Protein:

- Boneless Skinless Chicken Breasts (2)
- Cooked Chicken (1 1/2 cups)
- Ground Beef (1 lb)
- Pork Ribs (1 rack)

Seasonings:

- Bay Leaves
- Crushed Red Pepper Flakes
- Oregano Leaves
- Thyme
- Garlic Powder
- Ground Cumin
- Sage
- Kosher Salt
- Onion Powder
- Pepper



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 191

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Instant Oatmeal
- Breakfast Taquitos
- Crunchy French Toast

LUNCH IDEAS

- Mason Jar Salad
- Pimento Cheese BLT
- Chicken Divan

SNACK IDEAS

- Cowboy Caviar
- Strawberry Banana Smoothie
- Chocolate Pudding

MONDAY

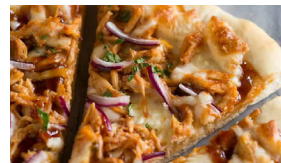
Chicken Tinga



- Prepare the chicken tinga and store in the fridge for up to 3-5 days. Heat when you are ready to use. These leftovers are delicious! See recipe notes for Slow Cooker or Instant Pot instructions.

TUESDAY

BBQ Chicken Pizza



- You can prepare bbq chicken pizza up to one day ahead of time. Roll out the dough for the crust and bake for 6 minutes. Layer with toppings, cover well with plastic wrap, and refrigerate until ready to bake.

WEDNESDAY

Hamburger Gravy



- Hamburger gravy can be made ahead of time. Store leftover 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.

THURSDAY

Manicotti



- Fill and roll the manicotti, place in pan, cover and refrigerate for up to 3 days. Store marinara topping separately and add before baking.

FRIDAY

Slow Cooker Ribs



- This meal tastes best fresh but can be made ahead of time and stored in an airtight container for up to 2 days. Reheat when ready to serve.