



Estimated Total: \$80

Produce:

Avocado (1)
Baby Arugula (1 1/2 cups)
Cabbage, chopped (5 cups)
Carrots (1 large + 2 medium)
Celery, chopped (3/4 cup + 1 rib)
Lemon Juice (1/2 small)
Onion (1/2 cup chopped + 2 small)
Parsley, chopped (2 Tbsp)
Spinach (1/2 cup)
Garlic (8 cloves)
Large Yellow Onion (1)
Red Bell Pepper (1/2)
Sprigs Fresh Thyme (3)
Tomato (1)
Optional for Calzones: Bell Pepper,
Pineapple, Jalapeno, Mushrooms

Refrigerated:

Unsalted Butter or Shortening (1/4 cup)
Butter (1/2 cup)
Eggs (3 large)
Grated Parmesan Cheese (2 Tbsp)
Parmesan Cheese Ring (1)
Frozen Veggies (10 oz)
Milk (2 1/2 cups)
Plain Greek Yogurt (1/4 cup)
Provolone Cheese (5 slices)
Shredded Mozzarella Cheese (2 cups)

MONDAY



Biscuit Chicken Pot Pie

\$11

TUESDAY



Calzone

\$8

(price without fillings)

WEDNESDAY



Quinoa Burger

\$15

THURSDAY



Short Rib Ragu

\$26

FRIDAY



Cabbage Roll Soup

\$20

Pantry:

Chicken Bouillon Paste (1 1/2 tsp)
All-purpose Flour (3 cups)
Baking Powder (1 Tbsp + 1 tsp)
Beef Bouillon Paste (2 tsp)
Dry Red Wine (1/2 cup)
Olive Oil (2 Tbsp)
Worcestershire Sauce (1 Tbsp)
Optional for Calzone (your favorite sauce)

Protein:

Bone-in beef Short Ribs (2.5 lbs)
Boneless Skinless Chicken Breasts (1.5 lb)
Ground Sausage (0.50 lb)
Lean Ground Beef (1 lb)
Optional for Calzones: Canadian Bacon,
Cooked Shredded Chicken, Ground Italian
Sausage, Pepperoni

Canned Goods:

Low-sodium Beef Broth (6 3/4 cups)
Peeled Whole Tomatoes (28 oz)
Petite Diced Tomatoes (14.5 oz)
Tomato Paste (2 Tbsp)
Tomato Sauce (2 - 8 oz)
Pizza Sauce (for Calzones)
Optional: Black Olives

Bread & Grains:

Cooked Brown Rice (1 cup)
Cooked Quinoa (2 cups)
Panko Bread Crumbs (1/2 cup)
Pappardelle or Tagliatelle Pasta (1 lb)
Pizza Dough (2 lb)
Dry Jasmine or Long-grain White Rice
(3/4 cup)
Burger Buns (5)

Seasonings:

Bay Leaf
Celery Seed
Chili Powder
Crushed Red Pepper Flakes
Dried Basil Leaves
Dried Oregano
Dried Rosemary
Dried Thyme
Garlic Powder
Ground Cumin
Italian Seasoning
Kosher Salt & Pepper
Smoked Paprika

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from Scratch™**

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Meal Plan 210

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Breakfast Burritos
- Healthy Muffins
- Green Smoothie

LUNCH IDEAS

- Orzo Salad
- Banh Mi
- Grilled Ham and Cheese

SNACK IDEAS

- Homemade Applesauce
- Energy Balls
- Street Corn Dip

MONDAY

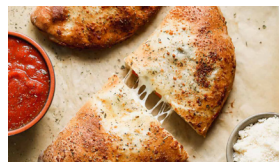
Biscuit Chicken Pot Pie



- The chicken filling and biscuit dough can be made a day or two in advance, stored separately in the fridge. Warm the chicken filling before adding refrigerated biscuits on top, and baking.

TUESDAY

Calzone



- Pizza dough can be made up to 3 days in advance and refrigerated. Chop and prepare filling ingredients up to 3 days in advance, depending on freshness of ingredients. Pizza sauce can be made 1 week ahead.

WEDNESDAY

Quinoa Burger



- Make the quinoa burger patties and store them, uncooked and covered, in the fridge up to 2 days ahead of time.

THURSDAY

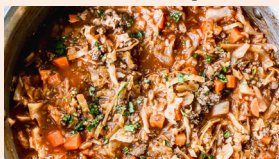
Short Rib Ragu



- Keep leftovers in an airtight container in the fridge for 3-4 days.

FRIDAY

Cabbage Roll Soup



- This soup reheats great if you want to make the whole thing in advance.