



Estimated Total: \$87

Produce:

- Avocado (2)
- Basil Leaves (12)
- Bell Pepper (3)
- Cilantro (1/4 cup)
- Cherry Tomatoes (1 1/2 cup)
- Corn (1 cup)
- Limes (juice)
- Garlic Cloves (10)
- Head of Lettuce (1/2)
- Onion (1/4)
- Parsley (1/4 cup)
- Red Bell Pepper (1)
- Red Onion (1/4 cup + 1 onion)
- Yellow Onion (1)
- Zucchini (1)
- Optional Burger Toppings: Onions, Pickles, Lettuce, Tomato)

Protein:

- Andouille Sausages (12 oz)
- Boneless Skinless Chicken Breasts (1 lb)
- Ground Beef (3.5 lb)
- Pork Sausage (1 lb)

MONDAY



Tostadas
\$16

TUESDAY



Tortellini Pasta Salad
\$14

WEDNESDAY



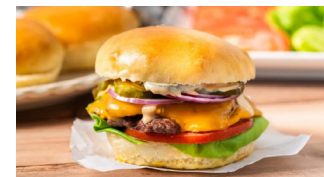
Cajun Chicken & Sausage Kebabs
(Liz's Favorite)
\$15

THURSDAY



Meatballs Arrabiatta
(Lauren's Favorite)
\$27

FRIDAY



Smash Burger
\$15

Pantry:

- All-purpose Flour (1 cup)
- BBQ Sauce (2 Tbsp)
- Breadcrumbs (2/3 cup)
- Granulated Sugar (1 tsp)
- Mayonnaise (3/4 cup)
- Ketchup (3 Tbsp)
- Olive Oil (5 Tbsp + 1/3 cup)
- Pick Juice (1-2 Tbsp)
- Rice Vinegar (2 Tbsp)
- Yellow Mustard (1 Tbsp)

Refrigerated:

- American Cheese (12 slices)
- Eggs (2)
- Parmesan Cheese (2 Tbsp + 1 cup)
- Three Cheese Tortellini (20 oz)
- Queso Fresco (for serving)
- Mexican Crema (for serving)
- Salsa (for serving)

Bread & Grains:

- Tostada Shells (10)
- Hamburger Buns (6)

Canned Goods:

- Black Beans (15 oz)
- Low-sodium Beef Broth (1/2 cup)
- Refried Beans (1 can)
- Whole Peeled San Marzano Tomatoes (2 - 28 oz)

Seasonings:

- Basil
- Chili Powder
- Cumin
- Paprika
- Garlic Powder
- Oregano
- Italian Seasoning
- Red Pepper Flakes
- Salt & Pepper
- Thyme
- Cayenne 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 214

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

Tosadas

MONDAY



- Have everything prepped and stored separately in the fridge. When ready to eat, re-warm the meat and beans and assemble the tostadas.

Tortellini Pasta Salad

TUESDAY



- Cook the tortellini, chop the veggies and make the dressing, but store separately. Combine everything just before serving!

Cajun Chicken & Sausage Kebabs

WEDNESDAY



- Make the Cajun seasoning ahead and store covered. Chop the chicken, sausage, and vegetables up to 1 day ahead and refrigerate separately. Soak wooden skewers and assemble kebabs just before grilling, or assemble a few hours ahead and keep covered in the fridge. Grill right before serving.

Meatballs Arrabiatta

THURSDAY



- The homemade meatballs and the arrabiatta sauce recipe can be made ahead of time and kept in the fridge for up to 3 days.

Smash Burger

FRIDAY



- Make the sauce 2–3 days ahead and refrigerate. Form beef into loose 2-ounce balls up to 1 day ahead; cover and refrigerate, but don't season yet. Prep toppings in advance and store separately. Toast buns, smash/cook patties, add cheese, and assemble right before serving.

LAUREN'S BIRTHDAY MEAL

Meatballs Arrabiatta

- Homemade Pita Bread
- Fresh Arugula Salad with Lemon Olive Oil Dressing
- Cannoli Cake

LIZ'S BIRTHDAY MEAL

Cajun Chicken & Steak Kebabs

- Street Corn Pasta Salad
- Watermelon
- German Chocolate Cake