



MONDAY



Chicken & Rice Enchiladas
\$18

TUESDAY



Smash Burgers
\$15

WEDNESDAY



Baked Ziti
\$9

THURSDAY



Black Pepper Chicken
\$13

FRIDAY



Italian Grinder Chopped Salad
\$11

Estimated Total: \$66

Produce:

- Green Bell Pepper (1/2)
- Red Bell Pepper (1)
- Garlic Cloves (11)
- White Onion (1)
- Red Onion (1/4)
- Iceberg Lettuce (4 cups)
- Cherry Tomatoes (1/2 cup)
- Celery (2 ribs)
- Ginger (1 1/2 Tbsp)
- Optional for serving (tomatoes, lettuce, basil leaves)

Canned Goods:

- Red Enchilada Sauce (4 cups)
- Black Olives (1/4 cup)
- Chicken Broth (1 1/2 cup)
- Corn (15 oz)
- Black Beans (15 oz)
- Jalapeno Peppers or Diced Green Chiles (4 oz)
- Cream of Chicken Soup (10.5 oz)
- Diced Tomatoes (14.5 oz)
- Tomato Sauce (8 oz)

Pantry:

- Mayonnaise (3/4 cup)
- Ketchup (3 Tbsp)
- Yellow Mustard (1 Tbsp)
- Pickle Juice (1-2 Tbsp)
- BBQ Sauce (1-2 Tbsp)
- Italian Dressing (1/4 cup)
- Low-sodium Soy Sauce (5 Tbsp)
- Oyster Sauce (2 Tbsp + 1/2 tsp)
- Vegetable Oil (1/3 cup)
- Granulated Sugar (3 Tbsp)

Refrigerated:

- Cream Cheese (4 oz)
- Shredded Cheese (4 1/4 cup)
- American Cheese (12 slices)
- Half & Half or Heavy Cream (1/2 cup)
- Parmesan Cheese (1/2 cup)

Seasonings:

- Crushed Red Pepper Flakes
- Dried Basil
- Dried Oregano
- Black Pepper
- Kosher Salt
- Italian Seasoning

Bread & Grains:

- White Rice, cooked (8 1/2 cups)
- Large Flour Tortillas (16)
- Ziti Pasta (12 oz)
- Hamburger Buns (6)

Protein:

- Cooked Shredded Chicken (3 cups)
- Boneless Skinless Chicken Breasts (1 1/2 lbs)
- Ground Italian Sausage (1 lb)
- Ground Beef (1 1/2 lb)
- Salami (2 oz)
- Turkey Pepperoni Slices (2 oz)
- Deli Sliced Turkey (4 oz)
- Optional (Bacon)



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Meal Plan 46

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- [Chocolate Chip Muffins](#)
- [Breakfast Sandwiches](#)
- [Freezer Waffles](#)

LUNCH IDEAS

- [Mason Jar Salad](#)
- [Chicken Avocado Wrap](#)
- [Turkey Club Wrap](#)

SNACK IDEAS

- [Sausage Balls](#)
- [Energy Balls](#)
- [Veggies with Ranch](#)

MONDAY

Chicken & Rice Enchiladas



- Follow the instructions to assemble the enchiladas, but don't pour the enchilada sauce on top. Cover and refrigerate for up to 2 days. Pour enchilada sauce and cheese on top right before baking. This recipe makes TWO 9×13 pans. I love to serve one for dinner that night, and freezing the other one for another day.

TUESDAY

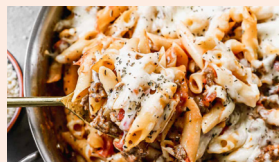
Smash Burgers



- 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.

WEDNESDAY

Baked Ziti



- Follow the directions of making the sauce, up to step 4. Don't add and cook the noodles, yet. Continue with step 4 just before you want to serve the homemade baked ziti.

THURSDAY

Black Pepper Chicken



- Marinate the chicken up to a day in advance, stored in the fridge. Mix sauce ingredients and chop veggies ahead of time.

FRIDAY

Italian Grinder Chopped Salad



- Chop and prep salad up to a few days ahead of time (depending on freshness of ingredients), and wait to add dressing until serving.