



MONDAY



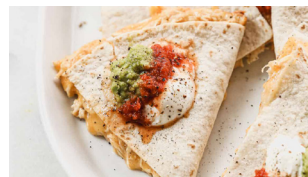
**One-Pan Skillet
Lasagna**
\$12.15

TUESDAY



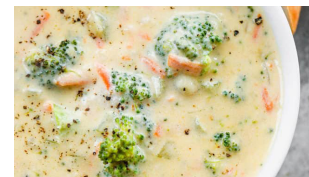
Chicken Casserole
\$8.30

WEDNESDAY



Chicken Quesadillas
\$7.95

THURSDAY



Broccoli Cheese Soup
\$14.70

FRIDAY



Egg Salad Sandwiches
\$3.00

Estimated Total: \$46.10

Produce:

Garlic (1 clove)
Yellow Onions (1 medium)
Celery (2 cups, chopped)
Carrots (1 cup grated)
Potatoes (2 small/medium)
Broccoli (4 1/2 cups, chopped)
Fresh Basil (2-3 Tbsp)
Lemon (1 Tbsp juice)
Avocado (optional for Quesadilla)
Lettuce (optional for Egg Sandwich)

Canned Goods:

Pasta Sauce (24 oz jar)
Vegetable Broth (3 cups)
Cream of Chicken Soup (10.5 oz can)
Chicken Stock (3/4 cup)
Salsa (optional Quesadilla topping)

Protein:

Ground Beef (1 lb)
Cooked Chicken (4 cups, shredded)
Eggs (9)

Pantry:

Slivered Almonds (1/4 cup)
Hot Sauce (1-2 Tbsp)
All-purpose Flour (5 1/2 Tbsp)
Olive Oil (2 1/2 Tbsp)

Refrigerated:

Mayonnaise (1 cup)
Butter (6 Tbsp)
Half & Half (2 cups)
Whole Milk (1 1/2 cups)
Cheddar Cheese, shredded (3 cups)
Mexican Blend, shredded (3 cups)
Parmesan Cheese (1/4 cup)
Mozzarella Cheese, shredded (3/4 cup)
Ricotta Cheese (1/2 cup)
Sour Cream (for topping)

Bread & Grains:

Bite-size Pasta, penne/rigatoni (8 oz)
Minute Rice (1 cup)
Corn Flakes Cereal (1 cup)
Flour Tortillas (8 inch)
Sandwich Bread (8 slices)

Seasonings:

Salt & Pepper
Oregano
Basil
Garlic Powder
Crushed Red Pepper Flakes
Minced Onion
Ground Cumin
Chili Powder

**Tastes Better
from Scratch™**

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Budget Meal Plan 1

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Buttermilk Pancakes
- Banana Bread Muffins
- Breakfast Casserole

LUNCH IDEAS

- Chicken Bacon Avocado Wrap
- Mediterranean Tuna Salad
- Asian Chicken Salad

SNACK IDEAS

- Granola Bites
- Applesauce Oat Muffins
- 7-Layer Bean Dip

MONDAY

One Pan Skillet Lasagna



- Make the recipe up until adding the pasta, then refrigerate. Add the pasta and water when you're ready to finish cooking.

TUESDAY

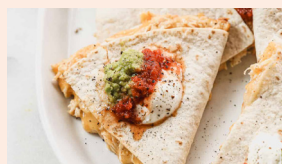
Chicken Casserole



- Mix everything but the cornflake topping, spread in the pan, cover, and refrigerate. Add the buttered cornflakes right before baking.

WEDNESDAY

Chicken Quesadillas



- The chicken can be cooked/shredded and the cheese shredded in advance. Assembled, unbaked quesadillas also freeze well up to 2 months.

THURSDAY

Broccoli Cheese Soup



- Best made fresh; leftovers keep 3-4 days in the fridge. To freeze, stop before adding the roux, milk, and cream — add those after reheating to avoid a grainy texture.

FRIDAY

Egg Salad Sandwiches



- Make the filling up to a few days ahead and store covered in the fridge; assemble sandwiches right before serving.