



MONDAY



Chicken Tetrazzini
\$13.50

TUESDAY



Detroit Style Pizza
\$6.70

WEDNESDAY



Corn Chowder
\$11.90

THURSDAY



Thai Quinoa Salad
\$8.75

FRIDAY



Turkey Burgers
\$5.65

Estimated Total: \$46.50

Produce:

Cremini Mushrooms (8 oz)
Yellow Onion (1 1/2)
Red Onion (1/4 cup)
Celery (4 ribs)
Garlic (3 cloves)
Red Bell Pepper (1)
Carrots (1 cup, shredded)
Red Cabbage (1 cup, shredded)
Edamame (1 cup, shelled)
Cilantro (1/2 cup, chopped)
Green Onions (2)
Fresh Ginger (2 tsp)
Corn (4 cups)
Potato (1 large)
Parsley (1/3 cup, chopped)

Canned Goods:

Chicken Broth (5 cups)
Chipotle Pepper in Adobo (1-2 peppers)
Diced Green Chiles (4 oz can)
Pizza Sauce (3/4 cup)

Pantry:

Instant Yeast (1/2 tsp)
White Cooking Wine (1/4 cup)
Chicken Bouillon Paste (1 tsp)
Cornmeal (3-4 tsp)
Peanut Butter (1/4 cup)
Soy Sauce (3 Tbsp)
Honey (1 Tbsp)
Red Wine Vinegar (1 Tbsp)
Sesame Oil (1 tsp)
Olive Oil (1 tsp)
Sriracha (1 tsp)
Peanuts (1/2 cup)
Dijon Mustard (1 Tbsp)
Ketchup (1 1/2 Tbsp)
Worcestershire Sauce (1 tsp)

Refrigerated:

Butter (10 Tbsp)
Milk (2 cups)
Half & Half (1 1/2 cups)
Shredded Mozzarella Cheese (3 1/2 cups)
Parmesan Cheese (3/4 cup)

Protein:

Cooked Chicken (1 1/2 cups, shredded)
Bacon (3-4 slices)
Pepperoni (3 oz)
Ground Turkey (1 lb)
Egg (1)

Bread & Grains:

Linguine (1 lb)
Bread Flour (2 1/2 cups)
Quinoa (3/4 cups)
Hamburger Buns (4)
Breadcrumbs (1/3 cup)

Seasonings:

Salt & Pepper
Seasoned Salt
Paprika
Garlic Powder
Onion Powder

**Tastes Better
from Scratch™**

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Budget Meal Plan 2

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- DIY Pancake Mix
- Breakfast Quesadillas
- Crepes

LUNCH IDEAS

- Asian Chicken Salad
- Chicken Caesar Wrap
- Veggie Wrap

SNACK IDEAS

- Carrot Muffins
- Hummus
- Protein Banana Muffins

MONDAY

Chicken Tetrazzini



- Sauté the vegetables and make the sauce ahead; store separately from the cooked pasta in the fridge, then combine and bake when ready.

TUESDAY

Detroit Style Pizza



- Make the dough and refrigerate overnight for the first rise; let it come to room temperature before pressing into the pan. Dough also freezes well up to 3 months.

WEDNESDAY

Corn Chowder



- Tastes great made up to a week ahead. To freeze, hold off on the potatoes and half-and-half until after reheating.

THURSDAY

Thai Quinoa Salad



- Cook the quinoa, chop the veggies, and make the peanut dressing a few days ahead — store separately in the fridge and toss together before serving.

FRIDAY

Turkey Burgers



- Form the raw patties up to a day ahead and refrigerate, or flash-freeze on a tray and transfer to a freezer bag for up to 3 months.