



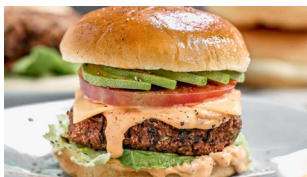
MONDAY



Pork Carnitas

\$15.45

TUESDAY



Black Bean Burger

\$4.50

WEDNESDAY



Spaghetti Pie

\$7.20

THURSDAY



Baked Potato Soup

\$12

FRIDAY



Tuna Noodle Casserole

\$11.55

Estimated Total: \$50.70

Produce:

Yellow Onions (3)
Garlic (9 cloves)
Oranges (2)
Limes (2)
Green Bell Pepper (1/2)
Leek (1)
Celery (3 ribs)
Russet Potatoes (3 lbs)
Fresh Basil (1/4 cup)
Lemon (2 tsp)
Chives (for garnish)
Frozen Peas (3/4 cup)
Lettuce & Tomato (for toppings)

Canned Goods:

Black Beans (15 oz)
Tuna (5 oz)
Chipotle Peppers in Adobo (2 peppers)
Marinara Sauce (1 1/2 cups)
Chicken Stock/Broth (4 cups)

Pantry:

Chicken Bouillon Paste (1 tsp)
All-purpose Flour (7 Tbsp)
Olive Oil (drizzle)

Refrigerated:

Eggs (2)
Mayonnaise (1 cup)
Butter (12 Tbsp)
Cottage Cheese (1 cup)
Parmesan Cheese (2 cups)
Cheddar Cheese, shredded (1 cup)
Whole Milk (3 cups)
Sour Cream (for garnish)

Protein:

Pork Shoulder (4-5 lb)
Bacon (1/2 lb)

Bread & Grains:

Whole Wheat Breadcrumbs (2/3 cup)
Hamburger Buns (4)
Spaghetti Noodles (8 oz)
Shell Pasta (8 oz)
Ritz Crackers (1/2 cup, crushed)

Seasonings:

Chili Powder
Ground Cumin
Dried Oregano
Dried Dill Weed
Salt
Pepper

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from Scratch™**

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Budget Meal Plan 3

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Freezer Waffles
- Breakfast Taquitos
- English Muffins

LUNCH IDEAS

- Buffalo Chicken Wrap
- Pesto Pasta Salad
- Italian Grilled Cheese

SNACK IDEAS

- Cranberry Orange Muffin
- Chewy Granola Bars
- Chex Mix

MONDAY

Pork Carnitas



- Season the pork and load the slow cooker with the other ingredients up to 1-2 days ahead, then refrigerate and cook when ready.

TUESDAY

Black Bean Burgers



- Form the patties and keep covered in the fridge until ready to cook. Raw or cooked patties freeze well up to 3 months.

WEDNESDAY

Spaghetti Pie



- Assemble completely but don't bake; cover and refrigerate for a few hours. For more than a day ahead, hold off on the sauce until just before baking.

THURSDAY

Baked Potato Soup



- The bacon and vegetables can be prepped a day ahead. The soup reheats well, though it's best to add the dairy at serving time.

FRIDAY

Tuna Noodle Casserole



- Sauté the veggies, make the sauce, and cook the noodles ahead — store separately in the fridge, then combine and bake when ready.