



Estimated Total: \$63

Produce:

Limes (3 tsp juice)
Basil (1/4 cup, chopped)
Cherry Tomatoes (1 heaping cups)
Onion (2)
Garlic (1 clove)
Lemon (1/2 tsp juice)
Baby Arugula or butter lettuce (for burger topping)
Red Bell Pepper (1/2, chopped)
Green Onion (1)
Optional (taco toppings)

Canned Goods:

Low-sodium Chicken Broth (3 cups)
Black Beans (15 oz)

Protein:

Boneless Skinles Chicken Breasts (2 1/2 lb)
Ground Chunk 80/20 (1 1/2 lb)
Bacon (6 slices)
Ground Beef (1 lb)

MONDAY



Slow Cooker
Chicken Tacos

\$6

TUESDAY



Spaghetti Pie

\$9

WEDNESDAY



Crispy Southwest
Wrap

\$5

THURSDAY



French Onion Burger

\$24

FRIDAY



Pesto Chicken
Casserole

\$19

Pantry:

Marinara Pasta Saue (1 1/2 cups)
Onion Soup Mix (1 packet)
Balsamic Vinegar (1 Tbsp)
Granulated Sugar (1/2 Tbsp)

Refrigerated:

Frozen Corn (1 cup)
Salsa (optional for serving)
Butter (5 Tbsp)
Parmesan Cheese (1 cup)
Egg (1 large)
Cottage Cheese (1 cup)
Plain Greek Yogurt (1/3 cup)
Mozzarella Cheese (1 1/4 cup)
Pesto (1/3 cup)
Gruyere Cheese (6 slices)
Mayonnaise (1/2 cup)
Horseradish (1 Tbsp)
Italian Salad Dressing (1/3 cup)
Monterey Cheese (1 1/2 cups)
Sour Cream (1/2 cup)

Bread & Grains:

Corn Tortillas (8 or 4 flour)
Spaghetti Noodles (8 oz)
Basmati Rice (1 1/4 cups, uncooked)
Brioche Hamburger Buns (6)
Flour Tortillas (6 to 8 large)
Cooked Rice (1 cup any kind)

Seasonings:

Chili Powder
Onion Powder
Garlic Powder
Cumin
Paprika
Dried Basil
Salt & Black Pepper

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Meal Plan 52

PREP INSTRUCTIONS

Tastes Better
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BREAKFAST IDEAS

- [Mascarpone French Toast](#)
- [Breakfast Burrito](#)
- [Breakfast Quesadillas](#)

LUNCH IDEAS

- [Asian Chicken Salad](#)
- [Veggie Hummus Wrap](#)
- [Mediterranean Tuna Salad](#)

SNACK IDEAS

- [Chocolate Hummus](#)
- [Kale Chips](#)
- [Granola Bites](#)

MONDAY

Slow Cooker Chicken Tacos



- The shredded chicken can be made up to 2 days ahead. Store in a sealed container in the fridge and reheat before serving. (Freezes up to 3 months.)

TUESDAY

Spaghetti Pie



- Assemble the pie completely (noodles, cottage cheese, sauce) but don't bake it. Cover and refrigerate for several hours until ready to bake. If prepping more than a day ahead, hold off adding the sauce until right before baking so it doesn't pool.

WEDNESDAY

Crispy Southwest Wrap



- Make the beef and veggie filling in advance and store it in an airtight container in the fridge. Assemble and pan-fry the wraps when ready to eat, or fully assemble the wraps a few hours ahead and pan-fry just before serving.

THURSDAY

French Onion Burger



- Make the horseradish aioli, form the burger patties, and caramelize the onions all in advance — everything holds well in the fridge until it's time to grill.

FRIDAY

Pesto Chicken Casserole



- Make the pesto sauce (pesto, Greek yogurt, broth) ahead and store it separately in the fridge. You can also arrange the rice and seasoned chicken in the baking dish ahead of time and store it covered in the fridge until ready to bake.