



MONDAY



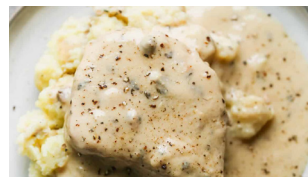
Chicken Taquitos
\$8.04

TUESDAY



Meatball Subs
\$18.18

WEDNESDAY



**Slow Cooker Ranch
Pork Chops**
\$13

THURSDAY



Taco Soup
\$7

FRIDAY



Harvest Bowls
\$20

Estimated Total: \$66.22

Produce:

Spinach Leaves (1 cup)
Garlic (4 cloves)
Sweet Potato (1)
Brussels Sprouts (1 1/2 cups)
Pomegranate (1)
Avocado (1)

Canned Goods:

Low-sodium Beef Broth (2 1/4 cups)
Crushed Tomatoes (56 oz)
Diced Green Chiles (4 oz)
Kidney Beans (15 oz)
Black Beans (15 oz)
Corn (17 oz)
Cream of Mushroom Soup (10.5 oz)
Cream of Chicken Soup (10.5 oz)
Unsweetened Coconut Milk (1 1/2 cups)

Protein:

Cooked Shredded Chicken (2 cups)
Lean Ground Beef (2 lb)
Pork Chops, Bone-in or Boneless (4-6)
Chicken Tenders (8)

Pantry:

Salsa (1/4 cup)
Saltine Crackers (1/2 cup)
All-purpose Flour (3/4 cup)
Granulated Sugar (1 tsp)
Olive Oil (6 Tbsp)
Pecan Halves (1/2 cup)
Honey (1/2 cup)
Yellow Mustard (2 Tbsp)
Light Brown Sugar (2 tsp)
Cornstarch (1 tsp)
Chicken Bouillon Cubes (2)

Refrigerated:

Cream Cheese (6 oz)
Sour Cream (1/4 cup)
Cheddar Cheese, shredded (1 cup)
Egg (1 large)
Provolone Cheese (10 slices)
Milk (1 cup)

Bread & Grains:

Corn or Flour Tortillas (15-20)
Hoagies or Sub Rolls (5)
Uncooked Long-grain White or
Jasmine Rice (2 cups)

Seasonings:

Chili Powder
Ground Cumin
Garlic Powder
Onion Powder
Curry Powder
Parsley
Oregano
Basil
Dill
Paprika
Garlic Salt
Crushed Red Pepper Flakes
Kosher Salt
Black Pepper

**Tastes Better
from Scratch™**

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Meal Plan 53

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Chocolate Overnight Oats
- Freezer Waffles
- Breakfast Casserole

LUNCH IDEAS

- Lentil Salad
- Cauliflower Salad
- BBQ Pulled Pork Sandwiches

SNACK IDEAS

- Banana Oat Muffins
- Candied Pecans
- Frozen Yogurt

MONDAY

Chicken Taquitos



- Prepare the chicken filling up to one day in advance and store it in an airtight container in the refrigerator. Fill and roll the tortillas shortly before baking so they don't become soggy.

TUESDAY

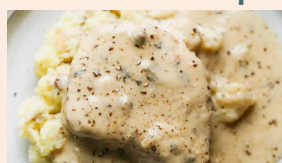
Meatball Subs



- Prepare the sauce several days in advance. The raw meatballs may be shaped and refrigerated for one to two days, or the cooked meatballs may be stored in the sauce for up to two days. Reheat the meatballs and sauce before assembling the sandwiches.

WEDNESDAY

Slow Cooker Ranch Pork Chops



- Mix the cream soups, milk, bouillon and seasonings in advance. Refrigerate the sauce in an airtight container, then pour it over the pork chops when ready to cook.

THURSDAY

Taco Soup



- The entire soup can be made ahead and refrigerated for four to five days. Reheat it on the stovetop or in the microwave. Keep toppings in separate containers.

FRIDAY

Harvest Bowl



- Cook the coconut rice, roast the vegetables, cook and slice the chicken, and prepare the curry sauce in advance. Store the components separately or assemble meal-prep containers without the avocado. Refrigerate for up to three days.