



Estimated Total: \$74

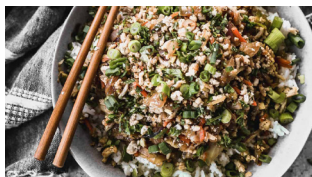
Produce:

Garlic Cloves (11)
Ginger (1 Tbsp, grated)
Yellow Onion (1)
Sweet Onion (1)
Medium Onion (1)
Jalapeno (1/2)
Tricolor Coleslaw Mix (16 oz)
Green Onions (2)
Cilantro (1/2 cup)
Basil (1/2 cup)
Butternut Squash (1 small)
Sweet Potatoes (2 small)
Parsley (1/4 cup)
Lemon (1-2)
Fresh Dill (1 small bunch)
Cauliflower Rice (4 cups)

Protein:

Ground Pork (1 lb)
Ground Beef (2 lbs)
Ground Italian Sausage (1 lb)
Boneless Skinless Chicken Breasts (2 lbs)
Salmon Fillets (2 lbs)

MONDAY



Egg Roll in a Bowl
\$14

TUESDAY



Chicken Noodle Casserole
\$16

WEDNESDAY



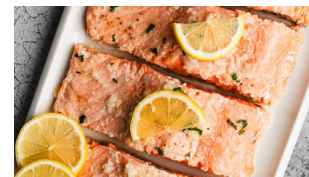
Meatloaf
\$12

THURSDAY



Autumn Butternut Squash Soup
\$17

FRIDAY



Baked Salmon
\$15

Pantry:

Sesame Oil (2 tsp)
Low-sodium Soy Sauce (2 Tbsp)
Hoisin Sauce (1 Tbsp)
Rice Vinegar (1 Tbsp)
Ketchup (3/4 cup)
Worcestershire Sauce (2 Tbsp)
Dijon Mustard (4 tsp)
Light Brown Sugar (6 Tbsp)
All-purpose Flour (1/2 cup)

Canned Goods:

Diced Tomatoes (14.5 oz)
Tomato Paste (2 Tbsp)
Low-sodium Chicken Broth (9 cups)
Garbanzo Beans (15 oz)

Refrigerated:

Eggs (3)
Butter (11 Tbsp)
Cottage Cheese (24 oz)
Mozzarella Cheese (2 cups, shredded)
Parmesan Cheese (3/4 cup, grated)

Bread & Grains:

Breadcrumbs or Oats (1/2 cup)
Egg Noodles (12 oz)
White Rice (2 cups, uncooked)

Seasonings:

Kosher Salt
Black Pepper
Garlic Powder
Dried Basil
Dried Sage
Ground Nutmeg
Fennel Seeds
Cumin Seeds

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from Scratch™**

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Meal Plan 54

PREP INSTRUCTIONS

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BREAKFAST IDEAS

- [Breakfast Burritos](#)
- [Freezer Waffles](#)
- [Cottage Cheese Pancakes](#)

LUNCH IDEAS

- [Mason Jar Salad](#)
- [Buddha Bowl](#)
- [Chicken Pasta Salad](#)

SNACK IDEAS

- [Granola Bites](#)
- [Carrot Muffins](#)
- [7-layer Bean Dip](#)

MONDAY

Egg Roll in a Bowl



- Best enjoyed fresh, but leftovers keep 5–7 days in the fridge in an airtight container, reheat in the microwave. You can also prep components ahead (chop veggies, cook the meat) and store separately from rice for easy assembly.

TUESDAY

Chicken Noodle Casserole



- Assemble up to 24 hours ahead using slightly undercooked noodles, cover tightly with foil, and refrigerate. Let it sit on the counter for 30 minutes before baking. Freezer: Undercook noodles for just 4 minutes, assemble, then cool completely, wrap in double-layered foil, and freeze up to 2 months. Bake from frozen for 1½ hours covered, then 20–40 minutes uncovered until hot and bubbly.

WEDNESDAY

Meatloaf



- Shape into the loaf pan 1–2 days ahead and refrigerate; let it come to room temperature before baking. The sauce can be made several days in advance. Freezer: Wrap unbaked meatloaf in plastic then foil and freeze up to 3 months, thaw 24 hours in the fridge before baking. Baked slices can also be flash-frozen (1 hour) then bagged for up to 3 months; thaw overnight and reheat.

THURSDAY

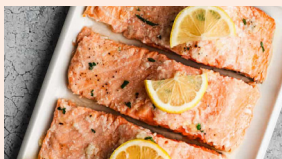
Autumn Butternut Squash Soup



- Make the entire soup 1–3 days ahead and refrigerate, or just prep by cubing the squash and sweet potatoes in advance.

FRIDAY

Baked Salmon



- No formal make-ahead/freezer instructions from the recipe. Let the salmon rest at room temperature for 20–30 minutes before baking.