



MONDAY



Pasta Primavera
\$2.98
(price without veggies)

TUESDAY



Cheeseburger Salad
\$14.15

WEDNESDAY



Slow Cooker Chicken Tacos
\$5.60

THURSDAY



One Pan Jambalaya
\$12.64

FRIDAY



Tuna Melt
\$6.55

Estimated Total: \$41.92

Produce:

- Avocado (1)
- Celery (3 ribs)
- Chopped Red Onion (2 Tbsp)
- Basil Leaves (1/2 cup)
- Lemon Juice (2 tsp)
- Lime Juice (3 tsp)
- Garlic (5 cloves)
- Green Bell Pepper (1)
- Green Onions (4)
- Mixed Greens Lettuce (5 cups)
- Onion (1/2)
- Tomatoes (1)
- Yellow or White Onion (1)
- Optional for serving: avocado, tomato
- Veggies of choice for Pasta Primavera (3 cups)
- Desired Toppings for Tacos: Lettuce, Pico de Gallo, Onion Cilantro, Lime Wedges, Cabbage

Refrigerated:

- Butter (3 Tbsp)
- Cheddar Cheese (4 slices)
- Cheese (4 slices)
- Grated Parmesan Cheese (1/2 cup)
- Heavy Whipping Cream (1/2 cup)
- Desired Toppings for Tacos: Guacamole, Shredded Cheese, Salsa

Canned Goods:

- Albacore White Tuna, Packed in Water
- Diced Tomatoes (14.5 oz)
- Low-Sodium Chicken Broth (3 2/3 cup)

Protein:

- Andouille Sausage (1 lb)
- Boneless Skinless Chicken Breasts (2 1/2 lb)
- Hamburger Patties (4)

Pantry:

- All-Purpose Flour (2 Tbsp)
- Barbecue Sauce (2 tsp)
- Dill Pickles (2)
- Italian Salad Dressing (1/3 cup)
- Ketchup (2 Tbsp)
- Mayonnaise (1 cup)
- Mustard (2 Tbsp)
- Olive Oil (1 Tbsp)
- Oil (1 Tbsp)
- Vinegar (1 Tbsp)

Bread & Grains:

- Corn Tortillas (8)
- Long-Grain White Rice (1 1/4 cup)
- Penne Pasta (1 lb)
- Thick Cut White Sandwich Bread (4 slices)

Seasonings:

- Cajun Seasoning
- Cayenne Pepper
- Chili Powder
- Dried Basil
- Dried Oregano Leaves
- Kosher Salt
- Garlic Powder
- Paprika
- Cumin
- Onion Powder
- Salt & Pepper



Want to swap out a recipe or add a side? Add this meal plan to your collection! **Register** for a free account or **login** to get started!

Meal Plan 171

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Chocolate Banana Bread
- Orange Julius
- Lox Bagel

LUNCH IDEAS

- Orzo Salad
- Turkey Chili
- Air Fryer Salmon Bites

SNACK IDEAS

- Instant Pot Applesauce
- Granola Bites
- Pitaya Bowl

MONDAY

Pasta Primavera



- Sauce can be made ahead of time, veggies can be chopped. Store both in an airtight container in the fridge until ready to cook.

TUESDAY

Cheeseburger Salad



- Salad can be made ahead of time, keep the dressing separate.

WEDNESDAY

Slow Cooker Chicken Tacos



- The slow cooker Mexican shredded chicken can be made up to 2 days in advance. Store in a sealed container in the refrigerator and heat before using.

THURSDAY

One Pan Jambalaya



- Jambalaya can be made ahead of time and stored in an airtight container in the fridge. Reheat when ready to serve.

FRIDAY

Tuna Melt



- The tuna filling can be made ahead of time and kept in the fridge for 3-4 days. Great for meal prep and quick lunches.