



**MONDAY**



**Dirty Rice**  
\$14.66

**TUESDAY**



**One Pan Pesto Chicken & Veggies**  
\$13.55

**WEDNESDAY**



**Lentil Soup**  
\$14.60

**THURSDAY**



**Halloween Pizza**  
\$6.68  
(price without toppings)

**FRIDAY**



**Cuban Sandwich**  
\$15.53

Estimated Total: \$65.02

**Produce:**

- Baby Broccoli (for serving)
- Bell Pepper (1)
- Carrots (2)
- Celery (2 ribs + 1/2 cup)
- Cherry Tomatoes (1 cup)
- Green Onion, chopped (1/2 cup)
- Parsley, chopped (1/4 cup)
- Cilantro (1 cup)
- Ginger, grated (1 tsp)
- Garlic (10 cloves)
- Green Bell Pepper (1)
- Lime (1)
- Orange (1)
- Red Onion (1/2)
- Yellow Onion (2 medium + extra for serving)
- Zucchini (1)

**Canned Goods:**

- Garbanzo Beans (15 oz)
- Low-sodium Vegetable Broth (6 cups)
- Low-sodium Chicken Broth (4 cups)
- Pesto (1/2 cup)
- Petite Diced Tomatoes (14.5 oz)
- Pickles (1 cups)
- Pizza Sauce (1 cups)

**Pantry:**

- All-purpose Flour (2 cups)
- Balsamic Vinegar (1 Tbsp)
- Dijon Mustard (3 Tbsp)
- Dry Lentils (1 cup)
- Fleischmann's Pizza Yeast (1 envelope)
- Granulated Sugar (1 1/2 tsp)
- Olive Oil (2 Tbsp)
- Vegetable Oil (3 Tbsp)

**Refrigerated:**

- Feta Cheese Crumbles (6 oz)
- Mozzarella Cheese (1/2 lb + 1/2 cup)
- Swiss Cheese (8 slices)
- Desired Pizza Toppings: Pepperoni, Bell Peppers, Olives, Onion, Pineapple, Parsley, Salami, Canadian Bacon

**Bread & Grains:**

- Ciabatta Rolls (8)
- Long-grain White Rice (2 cups)
- Pita Bread (for serving)

**Protein:**

- Boneless Skinless Chicken Breasts (1 lb)
- Ground Beef (1/2 lb)
- Ground Sausage (1/2 lb)
- Ham (8 slices)
- Minced Chicken Livers or Gizzards (1/2 cup)
- Pork Tenderloin (1 lb)

**Seasonings:**

- Bay Leaves
- Cajun Seasoning
- Cayenne Pepper
- Crushed Red Pepper Flakes
- Oregano Leaves
- Thyme
- Garam Masala
- Cumin
- Kosher Salt
- Black Pepper
- Smoked Paprika
- Sweet Paprika



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 199

## PREP INSTRUCTIONS

**Tastes Better  
from Scratch™**

### BREAKFAST IDEAS

- Crunchy French Toast
- Green Smoothie
- Old-fashioned Sour Cream Donuts

### LUNCH IDEAS

- Homemade Chili
- Buffalo Chicken Wrap
- Egg Salad Sandwich

### SNACK IDEAS

- Pumpkin Mug Cake
- Power Muffins
- Chia Pudding

MONDAY

#### Dirty Rice



- Chop all of the veggies, and even measure the spices ahead, for quick dinner prep. You could also cook the meats and store them in the fridge for a few hours before cooking the remaining meal.

TUESDAY

#### One Pan Pesto Chicken & Veggies



- You can prep the pesto chicken up to 1 day ahead of time and let it sit in the refrigerator until ready to bake. Store leftovers in an airtight container in the refrigerator for 3-4 days.

WEDNESDAY

#### Lentil Soup



- Chop the veggies in the morning to help this soup come together even quicker. Store leftovers in the fridge for up to 5 days, making it a great meal prep soup!

THURSDAY

#### Halloween Pizza



- The pizza sauce can be made ahead of time (if making homemade) and kept in the fridge for up to one week. Prep and chop toppings ahead of time then keep in separate airtight containers in the fridge. The pizza dough can be made a few hours ahead and stored in an airtight container in the fridge.

FRIDAY

#### Cuban Sandwich



- Marinate pork up to two days before cooking.