



MONDAY



Harvest Bowl
\$18.92

TUESDAY



Pizza Casserole
\$16.94

WEDNESDAY



Chicken Quesadilla
\$12.92

THURSDAY



Quinoa Salad
\$6.00

FRIDAY



Creamy and Wild Rice Soup
\$15.00

Estimated Total: \$70.78

Produce:

Avocado (2)
Brussels Sprouts (1 1/2 cups)
Carrots (2)
Celery (2 ribs)
Cherry Tomatoes (1 1/2 cups)
Cilantro (1/4 cup)
Garlic (3 cloves)
Green Bell Pepper (1/2)
Green Onions (5)
Guacamole (optional for serving)
Onion (1 small)
Pomegranate (1)
Sliced Mushrooms (1 can)
Sweet Potato (1 large)
Yellow Onion (1)
Fresh Limes (2)

Canned Goods:

Black Beans (15 oz)
Unsweetened Coconut Milk (1 1/2 cups)
Chicken Stock (3/4 cup)
Evaporated Milk (12 oz)
Low-sodium Chicken Broth (6 cups)
Marinara Pasta Sauce (24 oz)
Vegetable Broth (2 cups)
Black Olives (1 small can)

Pantry:

All-purpose Flour (1/3 cup + 2 Tbsp)
Cornstarch (1 tsp)
Chicken Bouillon Paste (2 tsp)
Extra-virgin Olive Oil (1/4 cup)
Honey (1/2 cup)
Hot Sauce (1 Tbsp)
Light Brown Sugar (2 tsp)
Oil (1 1/2 Tbsp)
Olive Oil (4 Tbsp + 1/4 cup)
Pecan Halves (1/2 cup)
Salsa (optional for serving)
Yellow Mustard (2 Tbsp)

Bread & Grains:

Flour Tortillas (4 - 8 inch)
Long-grain White Rice (2 cups)
Penne Pasta (4 cups)
Cooked Wild Rice (2 cups)
Dry Quinoa (1 cup)

Refrigerated:

Parmesan Cheese, grated (1/2 cup)
Mozzarella Cheese, shredded (1 cup)
Sour Cream (for serving)
Unsalted Butter (5 Tbsp)
Cheese, shredded (3 cups)

Protein:

Boneless Skinless Chicken Breasts (1 1/2 lbs)
Chicken Tenders (8)
Cooked Chicken (2 cups)
Lean Ground Beef (1 lb)
Pepperoni (4 oz)
Pork Sausage (1/2 lb)

Seasonings:

Chili Powder
Crushed Red Pepper Flakes
Curry Powder
Dried Oregano Leaves
Dried Rosemary
Dried Sage
Dried Thyme
Garlic Powder
Onion POWder
Ground Cumin
Kosher Salt
Black Pepper

**Tastes Better
from Scratch™**

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Meal Plan 201

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Sour Cream Coffee Cake
- Old-fashioned Sour Cream Donuts
- Freezer Breakfast Sandwiches

LUNCH IDEAS

- Instant Pot Pasta and Meatballs
- Monte Cristo Sandwich
- Asian Chicken Salad

SNACK IDEAS

- Granola Bites
- Pumpkin Mug Cake
- Cowboy Caviar

MONDAY

Harvest Bowl



- The Harvest bowl can be made ahead of time and stored in an airtight container for up to 3 days, reheat when ready to serve.

TUESDAY

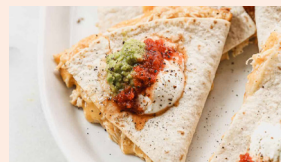
Pizza Casserole



- Assemble the casserole, cover with plastic wrap and refrigerate for several hours. Remove plastic wrap and bake as directed.

WEDNESDAY

Chicken Quesadilla



- The chicken can be cooked and shredded, and the cheese shredded prior.

THURSDAY

Quinoa Salad



- This southwest quinoa salad recipe is best enjoyed the same day, but it can be stored in the fridge for up to 3 days—just don't add the avocado until ready to serve.

FRIDAY

Creamy and Wild Rice Soup



- This soup can be made ahead of time and stored in an airtight container in the fridge for up to 3 days. Reheat when ready to serve.