



MONDAY



Chicken Divan
\$10.82

TUESDAY



Beef Noodle Soup
\$29.29

WEDNESDAY



Stuffed Shells
\$12.30

THURSDAY



Vegetarian Stuffed Peppers
\$19.60

FRIDAY



Chicken Gyros
\$21.22

Estimated Total: \$93.23

Produce:

- Carrots (2 large)
- Celery (2 ribs)
- Cherry Tomatoes (1 cup)
- Cilantro, chopped (1/4 cup)
- English Cucumber (1/2 + extra piece)
- Broccoli Florets (2 cups)
- Garlic (13 cloves)
- Green Onions (4)
- Lemon Juice (3 1/3 cups)
- Onion (1)
- Red Onion (1/2)
- Romaine Heart (1 small)
- Mushrooms, sauted (for serving)
- Small Onion (1)
- Sweet Bell Peppers (6)

Refrigerated:

- Butter (3 Tbsp)
- Feta Cheese, crumbled (for serving)
- Egg (1 large)
- Parmesan Cheese, grated (2/3 cup)
- Frozen Corn (1 cup)
- Milk (2 cups)
- Plain Greek Yogurt (1 cup)
- Ricotta Cheese (1 cup)
- Shredded Cheese (1 1/2 cups)
- Mozzarella Cheese, shredded (2 cups)

Pantry:

- Cornstarch (1/4 cup)
- Chicken Bouillon Paste (2 tsp)
- Mayonnaise (1 cup)
- Oil (2 Tbsp)
- Olive Oil (3 Tbsp)
- Onion Soup Mix (1 envelope)
- Taco Seasoning (2 Tbsp)

Canned Goods:

- Black Beans (15 oz)
- Cream of Mushroom Soup (10.5 oz)
- Diced Tomatoes (14.5 oz)
- Diced Tomatoes with Green Chiles (15.50 oz)
- Low-Sodium Beef Broth (8 cups)
- Tomato Paste (6 oz)
- Tomato Sauce (16 oz)

Bread & Grains:

- Cooked Rice (1 1/2 cups)
- Egg Noodles (24 oz)
- Jumbo Pasta Shells (12 oz)
- Long-grain Wild Rice (2 cups)
- Pitas (6)

Protein:

- Beef Roast (2 lb)
- Boneless Skinless Chicken Breasts (2 large + 2 lbs)
- Ground Sausage (1/2 lb)
- Lean Ground Beef (1/2 lb)

Seasonings:

- Crushed Dried Rosemary
- Crushed Red Pepper Flakes
- Curry Powder
- Dried Dill Weed
- Dried Parsley Flakes
- Dried Thyme
- Garlic Powder
- Ground Cinnamon
- Ground Coriander
- Ground Cumin
- Italian Seasoning
- Kosher Salt
- Onion Powder
- Smoked Paprika
- Salt
- Ground Turmeric
- Black 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 202

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Breakfast Quesadillas
- Skinny Chocolate Muffins
- Healthy Breakfast Smoothie

LUNCH IDEAS

- Tuna Noodle Casserole
- Waldorf Salad
- Cashew Chicken Wraps

SNACK IDEAS

- Snickerdoodle Muffins
- Chia Pudding
- Chocolate Pudding

MONDAY

Chicken Divan



- All elements of the recipe could be made ahead and stored separately; cooked rice, cooked chicken, steamed broccoli, and sauce, and assembled when desired. Prepare this chicken divan with curry up to 2 days ahead of time (depending on freshness of ingredients) and store covered, in the fridge. Remove from fridge 30 minutes before baking, then bake as directed.

TUESDAY

Beef Noodle Soup



- Make the soup up until adding the noodles, place in an airtight container and reheat on the stovetop and add uncooked noodles.

WEDNESDAY

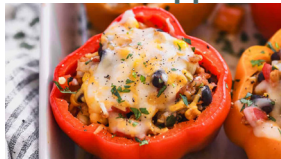
Stuffed Shells



- Assemble the entire dish up to. day ahead, cover and store in the fridge until ready to bake.

THURSDAY

Vegetarian Stuffed Peppers



- The peppers can be stuffed with filling 1-2 days ahead and stored covered in the refrigerator.

FRIDAY

Chicken Gyros



- The tzatziki sauce and marinade can be mixed and stored in separate airtight containers for up to 2-3 days in advance. Chop the onion, cucumber, tomato and romaine a few hours in advance to make dinner go even quicker.