



MONDAY



Meatball Subs
\$18.18

TUESDAY



Lemon Chicken Orzo Soup
\$14.00

WEDNESDAY



Popcorn Chicken
\$9.97

THURSDAY



Chicken Pasta Salad
\$12.72

FRIDAY



Ham & Swiss Sliders
\$12.70

Estimated Total: \$67.57

Produce:

Baby Spinach Leaves (2 oz)
Carrots (1 cup)
Celery (1 cup)
Parsley, chopped (1/4 cup)
Garlic (3 cloves)
Green Onions (2)
Lemon (1)
Onion (3/4 cup)
Orange (1)

Canned Goods:

Crushed Tomatoes (28 oz can)
Low-sodium Beef Broth (1/4 cup)
Low-sodium Chicken Broth (8 cups)
Mandarin Oranges (11 oz can)

Protein:

Boneless Skinless Chicken Breasts (3 1/2 lb)
Cooked Chicken (2 cups)
Ham, good quality (12 slices)
Lean Ground Beef (1 lb)

Pantry:

All-purpose Flour (1 3/4 cups)
Chicken Bouillon Paste (2 tsp)
Corn Flakes Cereal (4 1/2 cups)
Dijon Mustard (4 tsp)
Dried Cranberries (1/2 cup)
Granulated Sugar (1 tsp)
Honey (3 Tbsp)
Olive Oil (3 1/2 Tbsp)
Slivered Almonds (1/3 cup)
Worcestershire Sauce (2 tsp)

Refrigerated:

Butter (1 1/2 Tbsp)
Cheese, swiss or cheddar (8 oz)
Eggs (3 large)
Parmesan Cheese (1/3 cup)
Heavy Cream (1/3 cup)
Milk (1/4 cup)
Plain Greek Yogurt (2 Tbsp)
Provolone Cheese (10 slices)
Salted Butter (1/2 cup)

Bread & Grains:

Dry Orzo Pasta (1 cup)
Farfalle Pasta (8 oz)
Hoagies or Sub Rolls (5)
Saltine Crackers (1/2 cup)
Hawaiian Rolls (12)

Seasonings:

Crushed Red Pepper Flakes
Basil
Dried Minced Onion
Oregano
Parsley Flakes
Rosemary
Thyme
Fine Sea Salt
Ground Black Pepper
Garlic Powder
Garlic Salt
Italian Seasoning
Paprika
Salt
Pepper

**Tastes Better
from Scratch™**

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Meal Plan 203

PREP INSTRUCTIONS

**Tastes Better
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BREAKFAST IDEAS

- Muesli
- Protein Banana Bread
- Eggs Florentine

LUNCH IDEAS

- Cold Noodle Salad
- Crispy BBQ Chicken Wrap
- Egg Sandwich

SNACK IDEAS

- Snickerdoodle Muffins
- Frozen Yogurt Recipe
- Chewy Granola Bars

MONDAY

Meatball Subs



- Store cooked meatballs in sauce in the fridge for up to 2 days until you are ready to rewarm and assemble meatball sandwich recipe. Sauce can be made several days in advance and raw meatballs could also be stored in the fridge for 1-2 days until ready to cook.

TUESDAY

Lemon Chicken Orzo Soup



- Chop the vegetables beforehand and keep in an airtight container in the fridge to make the prep of orzo soup go quicker.

WEDNESDAY

Popcorn Chicken



- Cut the chicken into pieces and coat in flour. Cover and refrigerate for up to 24 hours before continuing recipe.

THURSDAY

Chicken Pasta Salad



- Divide the dressing between four quart-size mason jars. Add pasta, chicken, other toppings, and add spinach last. Secure the lid refrigerate for 3-5 days (depending on freshness of ingredients). To eat, pour mason jar salad out into a bowl, and enjoy.

FRIDAY

Ham & Swiss Sliders



- Assemble and spoon sauce on top, then cover and refrigerate for up to 2 days, depending on how fresh your ingredients are. Remove from fridge at least 15 minutes before baking, then bake as directed.