



MONDAY



Lasagna Soup
\$20.48

TUESDAY



Halloween Pizza
\$6.68
(price without toppings)

WEDNESDAY



BBQ Pulled Pork Sandwich
\$25.07

THURSDAY



Pasta Primavera
\$3.58
(price without veggies)

FRIDAY



BBQ Pulled Pork Nachos
\$10.24

Estimated Total: \$66.05

Produce:

- Broccoli Slaw (1 bag)
- Mango (1/2 cup, diced)
- Pineapple (1/2 cup, diced)
- Basil (for serving)
- Cilantro (1 Tbsp, chopped + extra for serving)
- Parsley (2 Tbsp, chopped)
- Pineapple Juice (1 1/2 Tbsp)
- Spinach Leaves (2 cups)
- Garlic (4 cloves)
- Green Onions (2)
- Red Bell Pepper (1/2)
- Yellow Onion (1)
- Assortment of Fresh Veggies (for pasta primavera)
- Desired Pizza Toppings: bell peppers, olives, onion, pineapple, parsley

Refrigerated:

- Butter (1 Tbsp)
- Mozzarella Cheese (1/2 lb)
- Parmesan Cheese (1 cup, grated)
- Heavy Whipping Cream (1/2 cup)
- Ricotta Cheese (10 oz)
- Cheddar Cheese (2 cups, shredded)
- Mozzarella Cheese (1 cup, shredded)

Canned Goods:

- Black Beans (15 oz. can)
- Low-Sodium Chicken Broth (7 2/3 cup)
- Pizza Sauce (1 cup)
- Tomato Paste (2 Tbsp)
- Canned Jalapenos (1 cup)
- Canned Yellow Peppers (1 cup)

Pantry:

- All Purpose Flour (1 3/4 cup)
- Coke (12 oz - not diet)
- BBQ Sauce (1/2 cup + 2 cups)
- Apple Cider Vinegar (1 Tbsp)
- Dijon Mustard (1 tsp)
- Fleischmann's Pizza Yeast (1 envelope)
- Sugar (1 1/2 tsp + 1 Tbsp)
- Marinara Sauce (homemade or store bought)
- Mayonnaise (3 Tbsp)
- Olive Oil (2 Tbsp)
- Vegetable Oil (3 Tbsp + 2 Tbsp)
- Salsa and Sour Cream (for serving)

Bread & Grains:

- Lasagna Noodles (9)
- Penne Pasta (1 lb)
- Slider Buns or Rolls (10)
- Tortilla Chips (8 oz bags)

Protein:

- Desired Pizza Toppings: salami, canadian bacon, pepperoni
- Ground Italian Sausage (1/2 lb)
- Lean Ground Beef (1/2 lb)
- 4 lb pork shoulder, or butt
- Pulled Pork (2 cups - can use leftover meat from bbq sandwiches)

Seasonings:

- Chili Powder
- Onion Powder
- Garlic Powder
- Cumin
- Dried Basil
- Dried Oregano Leaves
- Kosher Salt
- Red Pepper Flakes
- Salt & Pepper



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Meal Plan 151

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Breakfast Skillet
- Apple Coffee Cake
- Freezer Breakfast Sandwiches

LUNCH IDEAS

- Taco Soup
- Veggie Enchiladas
- Beet Salad

SNACK IDEAS

- Power Muffins
- Chocolate Overnight Oats
- Halloween Brownies

MONDAY

Lasagna Soup



- Make the recipe up to step 4. Do not add the noodles to the pot. Store the soup in the refrigerator. When ready to serve, start at step 5, bringing the soup to a boil and cooking the noodles at that point. Serve with a dollop of cheese.

TUESDAY

Halloween Pizza



- The pizza sauce can be made ahead of time and kept in the fridge for up to one week (if making homemade). 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.

WEDNESDAY

BBQ Pulled Pork Sandwich



- Pulled pork can be made ahead of time and stored in an airtight container for up to 2-3 days. You can use the leftover pork for the nachos.

THURSDAY

Pasta Primavera



- Chop veggies and place in the fridge until ready to cook. Pasta can be made ahead of time and stored in an airtight container and reheated when ready to serve.

FRIDAY

BBQ Pulled Pork Nachos



- Use the leftover meat from the pork sandwiches for the nachos.