



### MONDAY



**Clam Chowder**  
\$18.92

### TUESDAY



**Manicotti**  
\$17.63

### WEDNESDAY



**Chicken Caprese**  
\$14.27

### THURSDAY



**Hamburger Gravy**  
\$8.20

### FRIDAY



**Healthy Chicken Salad  
Lettuce Wraps**  
\$10.34

Estimated Total: \$69.36

#### Produce:

Apple (1/2 cup)  
Boston Bib Lettuce (1 head)  
Celery (3 ribs + 1/4 cup)  
Chopped Onion (1/3 cup)  
Fresh Basil Leaves (1/4 cup + extra for serving)  
Parsley (2 Tbsp, chopped)  
Garlic (5 cloves)  
Grapes (1/2 cup)  
Green Bell Pepper (1/2)  
Lemon Juice (1 tsp)  
Red Bell Pepper (1/2)  
Red Onion (2/3 cup)  
Roma Tomatoes (2)  
Russet Potatoes (1.5 lb)  
Yellow Onion (1 medium)  
Green Beans or Roasted Vegetables (for serving hamburger gravy)

#### Protein:

Boneless Skinless Chicken Breasts (3 breasts + 1 lb)  
Ground Beef (1 lb)

#### Refrigerated:

Butter (5 Tbsp)  
Eggs (2 large)  
Mozzarella Cheese (8 oz + 8oz shredded)  
Parmesan Cheese (2 cups, grated)  
Half & Half (1 cup)  
Milk (3 1/2 cups)  
Plain Greek Yogurt (1/3 cup)  
Ricotta Cheese (3 cups)

#### Pantry:

All Purpose Flour (1/2 cup + 3 Tbsp)  
Almonds (1/4 cup)  
Balsamic Vinegar (1/3 cup)  
Beef Bouillon Paste (2 tsp)  
Dried Cranberries (1/4 cup)  
Easy Marinara Sauce (1 recipe or store bought)  
Light Brown Sugar (2 Tbsp)  
Mayonnaise (2 Tbsp)  
Olive Oil (4 Tbsp + 1 tsp)  
Red Wine Vinegar (1 Tbsp)  
Optional for Hamburger Gravy: mashed potatoes, pasta, rice, biscuits, bread, toast, breakfast potatoes

#### Bread & Grains:

No-boil lasagna noodles (16)

#### Canned Goods:

Chopped Clams (4 - 6.5 oz cans)  
Low-Sodium Chicken Broth (1 cup)

#### Seasonings:

Bay Leaves  
Crushed Red Pepper Flakes  
Dried Basil  
Dried Oregano Leaves  
Dried Thyme  
Garlic Powder  
Ground Sage  
Kosher Salt  
Salt & Pepper

**Tastes Better  
from Scratch™**

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# Meal Plan 152

## PREP INSTRUCTIONS

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### BREAKFAST IDEAS

- Buttermilk Cornbread
- Cinnamon Roll Biscuits
- Breakfast Skillet

### LUNCH IDEAS

- Classic Homemade Chili
- Beet Salad
- Dirty Rice

### SNACK IDEAS

- Ginger Molasses Cookies
- Chocolate Protein Shake
- Cowboy Caviar

MONDAY

#### Clam Chowder



- The vegetables can all be chopped ahead of time to make dinner time even quicker, or make the entire creamy clam chowder ahead of time and store in refrigerator until ready to eat.

TUESDAY

#### Manicotti



- This baked Manicotti can be prepped and kept in the refrigerator until ready to bake for up to 3 days!

WEDNESDAY

#### Chicken Caprese



- Chicken can be made ahead of time - store leftovers in an airtight container in the refrigerator for up to 3 days. I enjoy the cold chicken chopped over salad greens, for lunch!

THURSDAY

#### Hamburger Gravy



- Can be made ahead of time - store leftover hamburger gravy in the refrigerator for up to 5 days. Rewarm in the microwave or stovetop, adding a little milk or broth to thin it as needed.

FRIDAY

#### Healthy Chicken Salad Lettuce Wraps



- Can be made ahead of time and stored in an air tight container for up to 3 days.