

# Tastes Better *from* SCRATCH

Monday: <a href="#">Shredded Chicken Taco Salad</a>	<u>Produce</u> Carrot (2) Celery (2 ribs) Potato (2 small/medium) Broccoli (3 small heads) Onion (2 medium) Garlic (4 tsp. minced) Fresh Basil Leaves (1/4 cup optional) Romaine Hearts (3) Cucumber (1) Green Onions (3) Roma Tomatoes (3) Avocado (1) Cilantro (1 bunch) Lime Juice (1 Tbs.)	<u>Bread/Grains</u> Spaghetti Noodles (1 Lb.)	<u>Meat</u> Boneless Skinless Chicken Breasts (2 ½ Lbs.) Chicken Tenders (7-8) Ground Beef (1 Lbs.)
Tuesday: <a href="#">Homemade Spaghetti</a>		<u>Refrigerated</u> Butter (9 Tbs.) Half and Half (2 cups) Whole Milk (2 cups) Shredded Cheddar (3 cups) Eggs (2 large)	<u>Spices</u> Salt and Pepper Ginger (1 tsp. ground) Crushed Red Pepper Flakes (1/2 tsp.) Italian Seasoning (1/2 tsp.) Dried parsley Flakes (1 Tbs.) Garlic Powder (1 tsp.) Chipotle Chili Powder (1/2 tsp.)
Wednesday: <a href="#">Stuffing Baked Chicken</a>		<u>Canned Goods</u> Vegetable Broth (3 cups) Cream of Chicken Soup (1 can) or <a href="#">HOMEMADE</a> Tomato Sauce (15 oz.) Tomato Paste (6 oz.) Black beans (15 oz. can) Corn (15 oz. can)	
Thursday: <a href="#">General Tso's Chicken</a>			
Friday: <a href="#">Broccoli Cheese Soup</a>	<u>Pantry Staples</u> All Purpose Flour (3/4 cup) Cornstarch (1/2 cup and 1 tsp.) Oil (vegetable or canola 2 Tbs.) Rice Vinegar (6 Tbs.) Low Sodium Soy Sauce (6 Tbs.) Light Brown Sugar (4 Tbs.) Granulated Sugar (1 1/2 Tbs.) Mayonnaise (1/2 cup)	<u>Other</u> Hoisin Sauce (2/3 cup) Chicken Flavored Stuffing (1 box) Worcestershire Sauce (1 Tbs.) Tortilla Strips (topping salad) Hidden Valley Original Ranch Dressing Mix (1 ½ Tbs.)	