



A TWO WEEK MEAL PLAN With My



Most Popular RECIPES

TASTES BETTER FROM *scratch*





Week 1 Recipes

Grilled Hawaiian Chicken Teriyaki Bowls 3

<https://tastesbetterfromscratch.com/grilled-hawaiian-chicken-teriyaki-bowls/>

Light Mini BBQ Meatloaf 4

<https://tastesbetterfromscratch.com/light-mini-bbq-meatloaf/>

Crispy Southwest Wrap 5

<https://tastesbetterfromscratch.com/crispy-southwest-wrap/>

Homemade Spaghetti Sauce 6

<https://tastesbetterfromscratch.com/homemade-spaghetti-sauce>

Creamy Chicken Wild Rice Soup 7

<https://tastesbetterfromscratch.com/creamy-chicken-wild-rice-soup/>



Grilled Hawaiian Chicken Teriyaki Bowls

Grilled Hawaiian Chicken Teriyaki Bowls with coconut rice, zucchini squash, bell peppers, onions, and pineapple topped with a delicious teriyaki sauce!

Prep time: 20 minutes

Cook time: 40 minutes

Ingredients:

- 6 chicken tenders (or 3 chicken breasts)
- 2 zucchinis, sliced
- 2 bell peppers, any color, chopped
- 1/2 pineapple, peeled and cut into spears
- 1 red onion, sliced thin
- Coconut Rice

For the Teriyaki Sauce:

- 1/2 cup low-sodium soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 1/4 cup + 1 tablespoon light brown sugar
- 1 TBS honey
- 3/4 teaspoon ground ginger
- 1 clove garlic, minced
- 2 teaspoon cornstarch + 2 teaspoon water, mixed together to make a slurry
- 1/4 teaspoon crushed red pepper flakes

Instructions

For the Coconut Rice:

1. Add the water, coconut milk, sugar, and salt to a large saucepan
2. Bring to a boil, and then stir in rice. Return to a boil.
3. Reduce heat to low, cover and cook for 20 minutes
4. Remove from heat and let stand, covered, 10 minutes, before fluffing with a fork

For the Teriyaki Sauce:

1. Make the teriyaki sauce by adding all of the sauce ingredients to a small saucepan over medium heat.
2. Bring to a boil, stirring constantly, and boil for 1 minute. The sauce should be thick enough to coat the back of a spoon.
3. Pour ¼ cup of the teriyaki sauce over the raw chicken and set aside to marinate for at least 15 minutes (or longer if using chicken breasts).

Using a grill or grill pan:

1. Prepare your grill and heat it to medium.
2. If you have a vegetable grill basket to grill the vegetables in, then chop them and grill them in the basket. If not, cut the vegetables into large pieces that will not fall through the grill grates.
3. Drizzle some olive oil over the vegetables and over the pineapple spears. Grill the vegetables for just a few minutes on each side and then remove to a plate.
4. Grill the pineapple next by placing the pineapple spears directly on the grill. Grill for about 2 minutes on each side, and remove to a plate.
5. Lastly, place the chicken on the grill. Cook for about a few minutes on each side, or until cooked through. Remove to a plate to rest before slicing.

To serve:

1. Add coconut rice to each serving bowl. Top with grilled veggies, pineapple, and chicken. Drizzle a little of the remaining teriyaki sauce on top.



Mini Meatloaf

Easy Mini Meatloaf muffins are made with ground beef or ground turkey and topped with a delicious meatloaf sauce. They are easier and healthier than traditional meatloaf.

Prep Time: 10 minutes Cook Time: 25 minutes

Ingredients:

- 1 1/2 pounds lean ground beef (or ground turkey)
- 2/3 cup panko bread crumbs
- 1/2 cup onion, chopped
- 1 tablespoon barbeque sauce
- 1 tablespoon mustard
- 1/2 teaspoon garlic powder
- 1 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 egg, lightly beaten

Meatloaf sauce:

- 1/2 cup light brown sugar
- 1/2 cup ketchup
- 2 teaspoon Dijon mustard
- 1/4 teaspoon ground nutmeg

Instructions:

1. Preheat oven to 350 degrees F.
2. In a large mixing bowl (using your hands or a large spoon), combine ground beef, breadcrumbs, onion, 1 TBSP barbecue sauce, mustard, chili powder, garlic powder, salt, pepper and egg
3. Divide the mixture among the 12 cups in a standard muffin tin, pressing them down to fill the cup. Bake for 15 minutes.
4. In the meantime, in a small bowl mix together all of the ingredients for the sauce.
5. Remove the meatloaf from oven and use a paper towel to soak up any grease on the meatloaf.
6. Generously spoon sauce over each mini meat loaf. Return to oven for an additional 10-15 minutes or until the meat is cooked through.
7. Serve with mashed potatoes and any extra sauce.



Crispy Southwest Wrap

Crispy Southwest Wraps are one of our go-to, easy meals. They take less than 30-minutes and my family loves them!

Prep Time: 10 minutes Cook Time: 15 minutes

Ingredients:

- 1 pound ground beef
- salt and freshly ground black pepper
- 2 ½ teaspoons chili powder
- 1 ½ teaspoons cumin
- 1/2 teaspoon garlic powder
- 2 tablespoons water
- 15 oz. can black beans, drained and rinsed
- 1 cup frozen corn, thawed
- 1/2 red bell pepper, chopped
- 1 green onion, chopped
- 1 cup cooked rice (leftover rice works great!), white brown, rice pilaf, wild rice)
- 1 ½ cups freshly shredded cheddar cheese (or Monterey or pepper jack)
- 1/2 cup sour cream
- 6-8 large flour tortillas

Instructions:

1. Add the ground beef to a large skillet over medium heat. Cook and crumble until browned. Drain grease.
2. Season with a little salt and pepper and add chili powder, cumin, garlic powder and water. Stir to combine.
3. Add black beans, corn, bell pepper, and onions and toss to combine. Sauté for 2-3 minutes.
4. Heat a large skillet over medium high heat.
5. Warm the rice. Layer tortilla with a handful of cheese evenly spread across the tortilla.
6. Add a small scoop of rice, placing it in a line along one end of the tortilla.
7. On top of the rice add a few small dollops of sour cream, and a spoonful of the beef filling. Starting at that end, roll the tortilla up, folding in the sides like a burrito.
8. Spray the skillet generously with cooking spray and place the wraps seam side down on the greased skillet.
9. Gently brush the tops of the wraps lightly with oil, or spray them with cooking spray. Turn the wraps every minute or two until they are golden and crispy on all sides.
10. Serve warm, with salsa and/or a creamy cilantro dipping sauce.



Homemade Spaghetti Sauce

Easy homemade spaghetti sauce, using ingredients you probably already have in your pantry! This recipe is a family dinner staple!

Prep Time: 10 minutes Cook Time: 30 minutes

Ingredients:

- 1 pound ground beef (or ½ lb. ground Italian sausage and ½ lb. ground beef)
- salt and freshly ground black pepper, to taste
- 1 medium onion, chopped
- 15 oz. tomato sauce
- 6 oz. tomato paste
- 1/2 teaspoon Italian seasoning
- 1 tablespoon dried parsley flakes
- 1 teaspoon garlic powder
- crushed red pepper flakes, to taste
- 1 tablespoon Worcestershire sauce
- 1 tablespoon granulated sugar
- 1 cup water
- 1/4 cup fresh basil leaves (optional)
- spaghetti noodles, for serving

Instructions:

1. Season ground beef with salt and pepper.
2. In a large skillet, add the beef and chopped onion and brown. Drain excess grease.
3. Add tomato sauce, tomato paste, Italian seasoning, parsley, garlic powder, crushed red pepper, Worcestershire, and sugar to the skillet.
4. Stir well to combine and bring to a boil. Add water and stir well.
5. Reduce heat and simmer for 30 minutes. Add chopped basil before serving, if desired.
6. This sauce tastes great in Spaghetti Pie, Million Dollar Spaghetti, Slow Cooker Lasagna and Instant Pot Spaghetti.



Creamy Chicken and Wild Rice Soup

One of my family's favorite soup recipes is this warm and comforting, creamy Chicken and Wild Rice Soup, made with carrots, celery, onion, chicken, and wild rice in a creamy and flavorful broth. This delicious soup can be made on the stovetop or in the slow cooker!

Prep Time: 20 minutes Cook Time: 20 minutes

Instructions:

- 2 cups cooked rice, wild rice
- 1 small yellow onion, chopped
- 2 medium carrots, diced
- 2 ribs celery, diced
- 6 tablespoons butter, divided
- 1 clove garlic, minced
- 4 ½ cups low-sodium chicken broth (approx. 3(14.5 oz.) cans)
- 1/4 teaspoon dried thyme
- 1/4 teaspoon sage
- 1/4 teaspoon dried rosemary
- salt and freshly ground black pepper, to taste
- 1 ½ pounds boneless skinless chicken breasts, halved
- 1/2 cup all-purpose flour
- 1 ½ cups milk
- 1/2 cup heavy whipping cream, or half & half



Instructions:

1. Prepare rice according to package instructions.
2. Melt 1 tablespoon butter in a large soup pot over medium heat.
3. Add onion, carrots and celery and sauté until slightly tender. Add the garlic and sauté for 30 seconds.
4. Stir in the chicken broth, thyme, sage, rosemary, and season with salt and pepper to taste.
5. Add chicken and bring mixture to a boil. Cover the pot with a lid and allow mixture to boil for 10-12 minutes, or until chicken is cooked through, stirring occasionally to check on it.
6. Remove chicken to a cutting board to rest for 5 minutes before chopping into small pieces.
7. In a separate medium saucepan melt remaining 5 TBSP butter over medium heat. Add flour and whisk constantly for 1-2 minutes.
8. Slowly add the milk, whisking vigorously, and cook, stirring constantly, until the mixture thickens. Remove from heat and stir in cream.
9. Pour roux mixture into the soup pot and stir until smooth. Cook for a few more minutes. Taste broth and add additional seasonings, if needed.
10. Reduce the heat to low and return chicken and add cooked rice to the soup. Serve warm.

Tastes Better *from* SCRATCH

<p>Monday: Grilled Hawaiian Chicken Teriyaki Bowls</p> <p>Tuesday: Mini Meatloaf</p> <p>Wednesday: Crispy Southwest Wraps</p> <p>Thursday: Spaghetti</p> <p>Friday: Creamy Wild Rice Soup</p>	<p>Spices</p> <p>Ground Ginger Crushed Red Pepper Flakes Garlic Powder Chili Powder Nutmeg Cumin Thyme Sage Rosemary Italian Seasoning Parsley Flakes Salt and Pepper</p> <p>Pantry Staples</p> <p>Honey (1 Tbs.) Brown Sugar (2/3 cup) Cornstarch (2 tsp.) Mustard (1 Tbs.) Ketchup (½ cup) Flour (½ cup) Sugar</p>	<p>Canned Goods</p> <p>Black Beans (15 oz. can) Chicken Broth (4 ½ cups) Tomato Sauce (15 oz.) Tomato Paste (6 oz.)</p> <p>Refrigerated</p> <p>Egg (1) Frozen Corn (1 cup) Sour Cream (½ cup) Butter (6 Tbs.) Milk (1 ½ cups) Heavy Whipping Cream (½ cup)</p> <p>Other</p> <p>Soy Sauce (1/2 cup) Rice Vinegar (2 Tbs.) Sesame Oil (1 Tbs.) Panko Bread Crumbs (2/3 cups) BBQ Sauce (1 Tbs.) Dijon Mustard (2 tsp.) Worcestershire Sauce (1 Tbs.)</p>	<p>Meat</p> <p>Chicken Tenders (6) Lean Ground Beef (3 ½ lbs.) Chicken Breasts (1 ½ lbs.)</p> <p>Produce</p> <p>Zucchini (2) Bell Pepper (2 any color) Pineapple (1/2) Red Onion (1) Garlic Clove (2) Yellow Onion (3) Red Bell Pepper (1/2) Green Onion (1) Celery (2 ribs) Fresh Basil Leaves (¼ cup)</p> <p>Bread/Grains</p> <p>Rice (1 cup cooked) Flour Tortillas (6-8 large) Wild Rice (2 cups cooked) Spaghetti Noodles (1 box for serving)</p>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



Week 2 Recipes

Classic Homemade Chili 10

<https://tastesbetterfromscratch.com/classic-homemade-chili/>

Slow Cooker Lasagna 11

<https://tastesbetterfromscratch.com/slow-cooker-lasagna/>

Sheet Pan Chicken Fajitas 12

<https://tastesbetterfromscratch.com/sheet-pan-chicken-fajitas/>

Hawaiian BBQ Chicken Wraps 13

<https://tastesbetterfromscratch.com/hawaiian-bbq-chicken-wraps/>

Chinese Chow Mein 14

<https://tastesbetterfromscratch.com/chinese-chow-mein/>



Classic Homemade Chili

Everyone needs a good Classic Homemade Chili recipe and this one is simply perfect! It's made with ground beef (or ground turkey).

Prep Time: 10 min Cook Time: 2 hours 10 min

Ingredients:

- 1 tablespoon olive oil
- 1 large onion, diced
- 2 pound lean ground beef
- 1 pound pork sausage
- 1/4 cup red wine vinegar
- 14.5 oz. can petite diced tomatoes, undrained
- 4 cups tomato juice
- 1 cup ketchup
- 2 15 oz. cans pinto beans, undrained
- 16 oz. can kidney beans, undrained
- 1 tablespoon packed brown sugar
- 3 tablespoons chili powder
- 3/4 teaspoon garlic salt
- 1/2 teaspoon pepper
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne (or more if you want it spicier)
- shredded cheddar cheese (optional)
- sour cream (optional)

Instructions:

1. Add the olive oil to a large soup pot over medium-high heat. Once hot, add the onion and cook for about 5 minutes, stirring occasionally.
2. Add the ground beef and sausage to the pot and cook, breaking apart into small pieces with a wooden spoon, until browned. Drain any grease.
3. Add the vinegar and cook for 1 minute. Add the diced tomatoes, tomato juice, ketchup, beans, brown sugar, chili powder, garlic salt, pepper, paprika, cumin and cayenne.
4. Bring to a boil over medium-high heat, stirring, then reduce the heat and simmer over medium/low heat for at least one hour, or up to 3 hours, stirring occasionally.
5. Serve in bowls with a dollop of sour cream and a sprinkle of cheese on top.
6. Serve chili with: cornbread, biscuits, or a green salad.



Tomato Juice: I usually buy a 46 ounce can and don't use all of it. You could drink the extra, make a veggie/fruit smoothie with it, or save it for another soup. A good tomato juice sub for this recipe is 2 cups tomato sauce + 2 cups of water.

Spiciness: As written, this chili is pretty mild. If you'd like to make it spicier, add more cayenne pepper, chopped jalapeños (canned or fresh), or hot sauce.

Slow Cooker: Cook the onion and brown the meat in a large skillet. Add the remaining ingredients to a large slow cooker and stir in the cooked meat and onions. Cook on low for 5-7 hours.

Instant Pot: Turn Instant Pot to sauté and brown the onion and meats. Drain the grease. Add everything else and cook on high pressure for 20-30 minutes to concentrate the flavors quicker than on the stovetop.

Slow Cooker Lasagna

Lasagna just got so much easier with this Slow Cooker Lasagna! Layer everything in the crockpot- even UN-COOKED noodles

Prep Time: 25 minutes

Cook Time: 4 hours

Ingredients:

- 1/2 pound ground beef
- 1/2 pound ground Italian sausage (I use hot)
- 1 ½ teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 large onion, chopped
- 1 teaspoon Italian seasoning
- 2 tablespoons dried parsley flakes
- 2 teaspoons garlic powder
- 2 tablespoons Worcestershire sauce
- 6 oz. can tomato paste
- 29 oz. tomato sauce
- 2 tablespoons granulated sugar
- 1 ¼ cups water
- 8 oz. lasagna noodles, uncooked
- 4 cups shredded mozzarella cheese
- 1 ½ cups cottage cheese
- 1/2 cup freshly grated parmesan cheese

Instructions:

1. In a large skillet over medium heat brown the ground beef, Italian sausage and onion.
2. Add salt, pepper, Italian seasoning, parsley, garlic powder, Worcestershire sauce, tomato paste, tomato sauce, sugar, and water. Stir and simmer 15-20 minutes. (You could make the sauce in advance!)
3. Spread a fourth of the meat sauce into the bottom of your slow cooker. Arrange a third of the noodles over the sauce (break the noodles to fit, if necessary).
4. Combine the mozzarella, cottage cheese and parmesan cheese; spoon a third of the mixture over noodles. Repeat layers twice.
5. Top with remaining meat sauce and sprinkle with extra mozzarella cheese, if desired.
6. Cover and cook on low for about 4-5 hours or until noodles are tender.
7. Serve with Homemade Olive Garden Breadsticks or a salad.

Notes:

You could substitute 1-2 tablespoons dried minced onion



Sheet Pan Chicken Fajitas

Chicken Fajitas are a simple one pan dinner that includes seasoned chicken and vegetables roasted all on one pan and served in warm flour tortillas with your favorite toppings.

Prep Time: 10 minutes Cook Time: 15 minutes

Ingredients:

- 1 ½ pounds boneless skinless chicken breasts sliced (against the grain) into 1/2 –inch thick strips
- 3 bell peppers (I use green, yellow and red, cored and sliced into strips)
- 1 yellow onion, thinly sliced
- 2 cloves garlic, minced
- 3 tablespoons oil (vegetable or canola)
- 1 lime
- 1/4 cup fresh cilantro, chopped
- 8-10 small flour tortillas
- desired fajita toppings: sour cream, sliced avocado or guacamole, pico de gallo, shredded cheese

Fajita Seasoning:

- 1 tablespoon chili powder
- 1 ½ teaspoons paprika
- 1 ½ teaspoons cumin
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon dried oregano leaves
- 1/4 teaspoon cayenne pepper (optional)
- salt and freshly ground black pepper

Instructions:

1. Lightly grease a large sheet pan with non-stick cooking spray. Cut chicken and vegetables into strips. Lay the vegetables evenly on the pan and place the chicken on top of them.
2. Preheat oven to 425 degrees F.
3. Combine seasoning ingredients together in a small bowl. Stir well to combine. Sprinkle most of the seasoning over the chicken and some of it over the vegetables as well. Spoon minced garlic on top of the chicken and drizzle olive oil over the entire pan. Toss everything well and spread it into an even layer across the pan.
4. Cook for 15-20 minutes or until chicken is cooked through (165 degrees if you test with a thermometer). Wrap the flour tortillas in foil and place them in the oven to warm during the last 5 minutes of cooking.
5. Remove everything from the oven. Squeeze fresh lime juice over the chicken and vegetables and sprinkle with cilantro. Serve in warm tortillas with extra toppings, if desired.

Notes

Chicken: Slice the chicken against the grain so that it's tender, not chewy. Be careful not to overcook or it will be dry.

Slow Cooker fajitas: pour half of a 14.5 oz. can of diced tomatoes in the bottom of a crockpot. Next layer the chicken in the bottom of the pot. Pour half the fajita seasoning over the chicken, top with vegetables, and add remaining seasoning. Add remaining diced tomatoes over top as well as a small can of milk diced chilies. Cook on high for about 2 hours or low for 3-4 hours. Serve as directed.



Hawaiian BBQ Chicken Wraps

Nothing better than a little Hawaiian twist to BBQ chicken, layered inside a tasty wrap! These Hawaiian BBQ Chicken Wraps are EASY, healthy, and delicious.

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients:

- 1 tablespoon olive oil
- 1 pound boneless skinless chicken breasts (about 2 breasts), cut into bite size pieces
- salt and freshly ground black pepper
- 1/2 cup barbecue sauce
- 1/2 cup shredded mozzarella cheese
- 2/3 cup pineapple, chopped (fresh or canned)
- 1/4 red onion, chopped
- 1 romaine heart, chopped
- 1/4 cup fresh cilantro, chopped
- 4 large flour tortillas (wheat or white)

Instructions:

1. Heat oil in a large skillet over medium high heat.
2. Add chicken pieces to the pan and season with salt and pepper. Cook, flipping once until chicken is cooked through and golden brown.
3. Remove pan from heat. Add barbecue sauce to the pan and toss chicken to coat.
4. Place tortilla on a plate. Layer with a spoonful of barbecue chicken, cheese, pineapple, onion, chopped romaine and cilantro.
5. Roll, burrito style and secure with a toothpick. Serve immediately.
6. Consider serving these with a BBQ side dish.



Chinese Chow Mein

This easy Chow Mein recipe is made with noodles, vegetables, chicken, and a simple chow mein sauce. It's better than Panda Express and healthy too!

Prep Time: 15 minutes Cook Time: 25 minutes

Ingredients:

- 2 boneless skinless chicken breasts cut into bite-size pieces
- 1 tablespoon oil (canola or vegetable)
- 1 ½ cups shredded cabbage (*see note)
- 2 cups carrots, shredded or julienne sliced (see note)
- 2 ribs celery, chopped
- 4 green onions, sliced with whites and green separated
- 2 cloves garlic, minced
- 1 pound refrigerated Yaki-Soba noodles, discard seasoning packet**
- 1 cup fresh bean sprouts (optional)

Chow Mein Sauce:

- 1/4 cup low-sodium soy sauce
- 1 ½ teaspoons sesame oil
- 1 tablespoon oyster sauce (**see note)
- 2 teaspoons freshly grated ginger
- 1 tablespoon light brown sugar
- 1 teaspoon cornstarch

Instructions:

1. Prepare noodles according to package instructions.
2. In a small bowl whisk the sauce ingredients together: soy sauce, sesame oil, oyster sauce, ginger, sugar, and cornstarch.
3. Heat a large pan or wok on high heat. Add oil. Add chicken, season with salt and pepper and stir fry just until cooked through.
4. Add cabbage, carrots, celery, and the whites of the chopped green onion and stir fry for just 1-2 minutes or until cabbage has wilted.
5. Add the garlic and cook for 30 seconds.
6. Add the pasta and sauce and cook for 1-2 minutes until the sauce has thickened. Add remaining green onion and fresh bean sprouts, if desired. Serve immediately.

Notes:

*If you're in a hurry, you could use bagged coleslaw mix that has shredded cabbage and carrots.

**I love the ease of using yakisoba noodles, but you can substitute dried chow mein noodles, lo mein, or thick spaghetti noodles.

***You could substitute hoisin sauce



Tastes Better *from* SCRATCH

Monday: Chili	Produce Onion (3 large) Bell Peppers (3 any colors) Garlic Cloves (4) Lime (1) Cilantro (1/2 cup, chopped) Red Onion (1/4) Romaine Heart (1) Shredded Cabbages (1 ½ cups) Carrots (2 cups shredded) Celery (2 ribs) Green Onion (4) Bean Sprouts (1 cup optional) Ginger (2 tsp. freshly grated)	Bread/Grains Lasagna Noodles (8 oz.) Flour Tortillas (8-10 small) Large Flour Tortillas (4)	Meat Lean Ground Beef (2 ½ lbs.) Pork Sausage (1 lb.) Ground Italian Sausage (½ lb.) Chicken Breasts (3 1 / 2 lbs.)
Tuesday: Slow Cooker Lasagna	Refrigerated Shredded Cheddar (Optional for Chili) Sour Cream (optional for Chili) Shredded Mozzarella (4 ½ cups) Cottage Cheese (1 ½ cups) Parmesan Cheese (½ cups grated) Yaki-Soba Noodles (1 lb.)	Spices Chili Powder Garlic Salt Paprika Cumin Cayenne Italian Seasoning Parsley Flakes Garlic Powder Onion Powder Oregano Salt and Pepper	
Wednesday: Sheet Pan Chicken Fajitas	Other Red Wine Vinegar (¼ cup) Worcestershire Sauce (2 Tbs.) BBQ Sauce (½ cup) or Homemade BBQ Sauce Soy Sauce (¼ cup) Sesame Oil (1 ½ tsp.) Oyster Sauce (1 Tbs.) Desired Fajita Toppings: Sour cream, Avocado, etc.	Canned Goods Petite Diced Tomatoes (14.5 oz. can) Tomato Juice (4 cups) Pinto Beans (2, 15 oz. cans) Kidney Beans (16 oz. can) Tomato Paste (6 oz. can) Tomato Sauce (29 oz.) Pineapple (2/3 cup canned)	Pantry Staples Olive Oil Ketchup (1 cup) Brown Sugar Sugar Oil Cornstarch
Thursday: Hawaiian Wrap			
Friday: Chinese Chow Mein			