

Tastes Better *from* SCRATCH

<p>Monday: Marinated Steak Kebabs</p> <p>Tuesday: Honey Mustard Chicken Salad</p> <p>Wednesday: Mini Meatloaf</p> <p>Thursday: Thai Chicken Lettuce Wraps</p> <p>Friday: Ham Asparagus Rolls</p>	<p><u>Produce</u></p> <p>Garlic (6 cloves) Bell Peppers (2) Sweet Purple Onion (1) Lemon Juice (2 Tbs.) Scallion (1) Green Salad (large , serve 4) Onion (2) Carrot (1) Cabbage (1/2 cup shredded) Green Onions (3) Ginger (1/2 tsp. grated) Fresh Cilantro (1 Bunch) Lettuce (1 head Boston Bib or Romaine) Fresh Asparagus Spears (24)</p>	<p><u>Bread/Grains</u></p> <p>Corn Flake Cereal (2 cups)</p>	<p><u>Meat</u></p> <p>Top Sirloin Steak (1 ½ Lbs.) Chicken Tenders (4) Lean ground beef (1 ½ Lbs.) Boneless Skinless Chicken Breasts (1/2 Lbs.) Ham (8 slices, thin fully cooked)</p>
		<p><u>Pantry Staples</u></p> <p>Oil (1/2 cup) Light Mayonnaise (1 cup) Honey (4 Tbs.) Barbecue Sauce (1 Tb) or homemade Mustard (1 Tb.) Light Brown Sugar (1/3 cup) Ketchup (1/2 cup) Olive Oil (2 tsp.) Peanut Butter (1 heaping Tbs.) All Purpose Flour (1 Tbs.)</p>	
		<p><u>Other</u></p> <p>Low Sodium Soy Sauce (3/4 cup) Peach Juice (1/2 cup) Wooden or Bamboo Skewers Dijon Mustard (5 Tbs.) Panko Bread Crumbs (2/3 cup) Sweet Chili Sauce (1/2 c.)</p>	<p><u>Spices</u></p> <p>Dried Onion Flakes Salt and Pepper Garlic Powder Chili Powder Nutmeg Crushed Red Pepper Flakes</p>
	<p><u>Refrigerated</u></p> <p>Egg (1) Butter (1 Tbs.) Milk (3/4 cup) Shredded Cheddar Cheese (1/2 cup)</p>		