Tastes Better from SCRATCH

Monday:
Marinated Steak Kebabs

Tuesday:
Honey Mustard Chicken Salad

Wednesday:
Mini Meatloaf

Thursday:
Thai Chicken Lettuce Wraps

Friday:
Ham Asparagus Rolls

Produce

Garlic (6 cloves)
Bell Peppers (2, any color)
Sweet Purple Onion (1)
Lemon Juice (2 Tbs.)
Scallion (1)
Green Salad (large , serve 4)
Onion (2)
Carrot (1)
Cabbage (1/2 c. shredded)
Green Onions (3)
Ginger (1/2 tsp. grated)
Fresh Cilantro (1 Bunch)
Lettuce (1 head Boston Bib or Romaine)
Fresh Asparagus Spears (24)

Refrigerated

Egg (1)
Butter (1 Tbs.)
Milk (3/4 c.)
Shredded Cheddar Cheese (1/2 c.)

Bread/Grains

Corn Flake Cereal (2 cups)

Pantry Staples

Oil (1/2 c. vegetable or Canola)
Light Mayonnaise (1 cup)
Honey (4 Tbs.)
Barbecue Sauce (1 Tb) or homemade
Mustard (1 Tb.)
Light Brown Sugar (1/3 c.)
Ketchup (1/2 c.)
Olive Oil (2 tsp.)
Peanut Butter (1 heaping Tb.)
All Purpose Flour (1 Tbs.)

Other

Low Sodium Soy Sauce (3/4 c.)
Peach Juice (1/2 c.)
Wooden or Bamboo Skewers
Dijon Mustard (5 Tbs.)
Panko Bread Crumbs (2/3 c.)
Sweet Chili Sauce (1/2 c.)

Meat

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

Spices

Dried Onion Flakes (1 TB.)
Salt and Pepper
Garlic Powder (1/2 tsp.)
Chili Powder (1 ½ tsp.)
Nutmeg (1/4 tsp.)
Crushed Red Pepper Flakes