

Tastes Better *from* SCRATCH

Monday: Fajitas \$7.11	<u>Produce</u> Garlic (8 cloves) Lime (2) Bell Peppers (3 any color) Onion (1 large red or yellow) Jalapeno Pepper (1/2 pepper) Cilantro leaves (¼ cup) Shredded Cabbage (2 cups) Fresh veggies for Cajun pasta Lettuce (opt. for egg salad) Tomato (1 opt. for egg salad)	<u>Spices</u> Chili Powder Cumin Smoked Paprika Oregano Salt and Pepper Cajun Seasoning Onion Powder Garlic Powder Cayenne	<u>Refrigerated</u> Butter (2 Tbs.) Cream Cheese (4 oz.) Milk (3 ½ cups) Parmesan Cheese (3/4 cup grated) Eggs (6 large) Mayonnaise (4 Tbs.) Plain Greek Yogurt (3/4 cup)
Tuesday: Easy Cajun Chicken Pasta \$6.82	<u>Pantry Staples</u> Oil (3 Tbs.) Yellow Mustard (1 tsp.) Cornstarch (3 Tbs.) Olive Oil (1/4 cup) White vinegar (½ Tbs.)	<u>Other</u> Chicken Bouillon paste (2 tsp.) Toppings for Hawaiian Haystacks (Pineapple, chow mein noodles, cheese, olives, tomatoes, coconut, etc.) Liquid Smoke (optional) Toppings for fajitas and Shrimp Tacos (salsa, pico de gallo, guacamole, avocado, sour cream, cilantro)	<u>Bread/Grains</u> Flour tortillas (fajitas) Farfalle pasta (8 oz.) Sandwich Bread Rice Corn Tortillas (10-12 small)
Wednesday: Egg Salad Sandwich \$1.73	<u>Meat</u> 1 ½ Lbs. meat for fajitas (steak, chicken or shrimp) Chicken Breasts (2 Lb.) Shrimp (1 ½ lbs.)		
Thursday: Hawaiian Haystack \$8.88 (before toppings)			
Friday: Shrimp Tacos \$17.93			
Weekly Total- \$42.47			