

# Tastes Better *from* SCRATCH

<p>Monday: <a href="#">Turkey Burgers</a> \$5.53</p> <p>Tuesday: <a href="#">Walking Tacos</a> \$12.34</p> <p>Wednesday: <a href="#">Teriyaki Pasta Salad</a> \$16.45</p> <p>Thursday: <a href="#">Crispy Southwest Wraps</a> \$11.82</p> <p>Friday: <a href="#">Sweet and Sour Chicken</a> \$10.71</p>	<p><u>Produce</u></p> <p>Garlic (1 tsp.) Celery (1 rib) Yellow Onion (1/2) Romaine (1 heart) Tomato (1 large) Avocado (1) Baby Spinach (1 lb.) Sweet Onion (1/2) Red Bell Pepper (1/2) Green Onion (1) Bell Peppers (2)</p>	<p><u>Bread/Grains</u></p> <p>Bread Crumbs (1/3 cup) Hamburger Buns (4) Farfalle Pasta (16 oz.) Rice (1 cup cooked) Large Flour Tortillas (6-8) Cooked Rice (1 cup) extra for serving</p>	<p><u>Refrigerated</u></p> <p>Egg (4) Shredded Cheddar (2 1/2 cups) Sour Cream (1 ½ cups plus extra for topping tacos) Frozen Corn (1 cup)</p>
	<p><u>Other</u></p> <p>Condiments for Burgers Salsa (topping tacos) Fritos (5, 1 oz. bags) Dry Roasted Peanuts (1/2 cup) Dried Cranberries (1/2 cup) Teriyaki Sauce (1/2 cup) Soy Sauce (2 Tbs.)</p>	<p><u>Spices</u></p> <p>Garlic Powder Onion Powder Salt and Pepper Chili Powder Crushed Red Pepper Flakes Oregano Paprika Cumin Garlic Salt</p>	<p><u>Pantry Staples</u></p> <p>Ketchup (3/4 cup) Dijon Mustard Worcestershire Sauce Canola Oil Rice Wine Vinegar (1/4 cup) Apple Cider Vinegar (1 cup) Cornstarch (1 cup &amp; 1 ½ Tbs.)</p>
		<p><u>Meat</u></p> <p>Ground Turkey (1 Lb.) Ground Beef (1 1/2 lb.) Chicken Breasts (3 lbs.)</p>	<p><u>Canned Goods</u></p> <p>Crushed Tomatoes (14.5 oz. can) Chili Beans (16 oz.) Sliced Olives (small can) Mandarin Oranges (11 oz. can) Black Beans (15 oz. can) Pineapple Chunks (1 cup) Water Chestnuts (1 small can)</p>

**Weekly Cost- \$56.85**