

Tastes Better *from* SCRATCH

Monday: Turkey Burgers	<u>Produce</u> 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)	<u>Bread/Grains</u> Bread Crumbs (1/3 cup) Hamburger Buns (4) Farfalle Pasta (16 oz.) Rice (1 cup cooked) Large Flour Tortillas (6-8)	<u>Meat</u> Ground Turkey (1 Lb.) Ground Beef (1 1/2 lb.) Chicken Breasts (1 lb.)
Tuesday: Walking Tacos		<u>Pantry Staples</u> Ketchup Dijon Mustard Worcestershire Sauce Canola Oil Rice Wine Vinegar (1/4 cup)	<u>Refrigerated</u> Egg (1) Shredded Cheddar (2 1/2 cups) Sour Cream (1 ½ cups plus extra for topping tacos) Frozen Corn (1 cup)
Wednesday: Teriyaki Pasta Salad			
Thursday: Crispy Southwest Wraps	<u>Spices</u> Garlic Powder Onion Powder Salt and Pepper Chili Powder Crushed Red Pepper Flakes Oregano Paprika Cumin	<u>Canned Goods</u> Crushed Tomatoes (14.5 oz. can) Chili Beans (16 oz.) Sliced Olives (small can) Mandarin Oranges (1 oz. can) Black Beans (15 oz. can)	<u>Other</u> 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)
Friday: Sweet and Sour Chicken			