

# Tastes Better *from* SCRATCH

<p>Monday: <a href="#">Zuppa Toscana</a> \$17.98</p> <p>Tuesday: <a href="#">Roasted Butternut Squash Salad</a> \$12.41</p> <p>Wednesday: <a href="#">Cornbread Waffles and Chili</a> \$21.05</p> <p>Thursday: <a href="#">Chicken Tetrazzini</a> \$7.43</p> <p>Friday: <a href="#">Chicken Alfredo Pizza</a> \$5.25</p>	<p><u>Produce</u></p> <p>Onion (2) Garlic (4 cloves) Potato (2 large russet or gold) Kale (7 cups) Butternut Squash (1 ½ lbs.) Red Onion (1/4) Lemon Juice (1 Tbs.) Spinach (1 cup)</p>	<p><u>Bread/Grains</u></p> <p>Yellow Cornmeal (1 ¼ cup) Thin Spaghetti (8 oz.) Pizza Crust or <a href="#">Homemade</a> (1)</p>	<p><u>Refrigerated</u></p> <p>Heavy Whipping Cream (1 ½ cups) Parmesan (1 cup grated) Milk (2 1/2 cups) Eggs (2 large) Sour Cream (1 cup) Mozzarella Cheese (2 cups) Butter (1 Tbs.) Cream Cheese (2 oz.)</p>
	<p><u>Spices</u></p> <p>Red Pepper Flakes Salt and Pepper Chili Powder Garlic Salt Paprika Cumin Cayenne</p>	<p><u>Meat</u></p> <p>Ground Italian Sausage (1 lb.) Bacon (11 slices) Ground Beef (2 Lbs.) Pork Sausage (1 Lb.) Cooked Shredded Chicken (2 ½ cups)</p>	<p><u>Pantry Staples</u></p> <p>Olive Oil (1/2 cup) Balsamic Vinegar (1/4 cup) Dijon Mustard (1 Tbs.) Honey (2 Tbs.) Flour (1 ¾ cup) Baking Powder (1 Tbs.) Sugar (1 tsp.) Oil (3 Tbs.) Ketchup (1 cup) Brown Sugar (1 Tbsp.)</p>
	<p><u>Other</u></p> <p>Dried Cranberries (1/2 cup) Pecans (1/2 cup) Red Wine Vinegar (1/4 cup)</p>	<p><u>Canned Goods</u></p> <p>Chicken Broth (5 3/4 cups) Diced Tomatoes (14.5 oz. can) Tomato Juice (4 cups) Pinto Beans (2, 15 oz. cans) Kidney Beans (1, 16 oz. can) Cream of Mushroom Soup or Homemade (1 can or <a href="#">recipe</a>)</p>	

**Weekly Total: \$64.12**