

Tastes Better *from* SCRATCH

Monday: Chicken Alfredo Stuffed Shells \$13.37	<u>Produce</u> Blueberries (1 cup) Cherry Tomatoes (2/3 cups) Fresh Basil Broccoli (1 ½ cups) Spinach (2 cups) Garlic (6 cloves) Lemon (1) Romaine Lettuce (3 cups) Yellow Onion (1)	<u>Bread/Grains</u> Bread Crumbs (1/3 cups) Buns (4) Croutons (1/2 cup) Flour Tortillas (5 large) Jumbo Pasta Shells (12 oz.) Lasagna Noodles (9)	<u>Meat</u> Cooked Chicken (4 ½ cups) Ground Italian Sausage(1/2 lb.) Lean Ground Beef (1/2 lb.) Lean Ground Turkey (1 Lb.)
Tuesday: Lasagna Soup \$17.07			<u>Refrigerated</u> Butter (5 Tbs.) Buttermilk (2 cups) Eggs (4) Parmesan Cheese (1 ½ cups) Heavy Whipping Cream (1 cup) Ricotta Cheese (10 oz.) Mozzarella Cheese (1 ¾ cups) Whole Milk (1 ¼ cup)
Wednesday: Chicken Caesar Wrap \$12.21		<u>Spices</u> Basil Oregano Parsley Salt & Pepper Garlic Powder Onion Powder Red Pepper Flakes	
Thursday: Lemon Blueberry Pancakes \$4.38	<u>Pantry Staples</u> All-Purpose Flour (2 cups) Baking Powder (2 ½ tsp.) Baking Soda (1/2 tsp.) Canola Oil Sugar (3 Tbs.) Ketchup (1 ½ Tbs.) Olive Oil Vanilla Extract (1 ½ tsp.)		
Friday: Turkey Burgers \$5.53		<u>Canned Goods</u> Marinara Sauce (24 oz.) or homemade Chicken Broth (7 cups) Tomato Paste (2 Tbs.)	<u>Other</u> Caesar Salad Dressing (1/2 cup) Condiments and toppings for burgers Dijon Mustard (1 Tbs.) Worcestershire Sauce (1 tsp.)
Weekly Total: 52.56			