

Tastes Better *from* SCRATCH

Monday: Skinny Chicken Alfredo \$5.98	<u>Refrigerated</u> Butter (2 Tbs.) Egg (1) Fat-free milk (1 $\frac{3}{4}$ cups) Flakey buttermilk biscuits (8 Homemade or store bought) Parmesan cheese (2 cups) Cheddar cheese (1 $\frac{1}{2}$ cups) Frozen Corn (1 cup) Half & half (2 $\frac{1}{2}$ cups) Heavy whipping cream (1/2 cup) Sour Cream (1/2 cup)	<u>Meat</u> Chicken breasts (1/2 lb.) Ground beef (1 lb.) Ground chicken (1 lb.) Pork sausage (1 lb.)	<u>Spices</u> Chili powder Crushed red pepper flakes Cumin Basil Rosemary Oregano Parsley Thyme Salt & Pepper Garlic powder Onion powder
Tuesday: Pasta Primavera \$2.48 before veggies		<u>Produce</u> Favorite veg. for Pasta Primavera Fresh basil leaves Fresh Parsley (1/4 cup) Garlic (3 cloves) Green onion (1) Red bell pepper (1/2)	
Wednesday: Crispy Southwest Wraps \$11.82			<u>Bread/Grains</u> Breadcrumbs (1/2 cup) Cooked rice (1 cup) Flour tortillas (6 large) Penne pasta (1 lb.) Farfalle pasta (6 oz.)
Thursday: Best Ever Biscuits & Gravy \$6.58	<u>Canned Goods</u> Black beans (15 oz. can) Chicken broth (2 $\frac{1}{2}$ cups)	<u>Pantry Staples</u> All purpose flour Olive oil	
Friday: Chicken Meatballs \$6.82			

Weekly Total: \$33.68