

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

Serves approximately 4 people

Monday
[Chicken Taco Pie](#)

Tuesday
[Ham Fried Rice](#)

Wednesday
[Swedish Meatballs](#)

Thursday
[Grilled Hawaiian](#)
[Chicken Teriyaki Bowls](#)

Friday
[Applebee's Oriental](#)
[Chicken Salad \(Copy](#)
[Cat\)](#)

Produce

Green bell pepper (1/2)
Onion (1)
Peas -frozen (1/2 cup)
Carrots (3-4)
Green onion (5)
Zucchini (1)
Bell peppers (4 mini or 2 large,
any color)
Fresh pineapple (1/2)
Red onion (1)
Garlic (1 clove)
Cilantro (optional for garnish)
Avocado (optional for garnish)
Fresh parsley (optional for
garnish)
Romaine lettuce (about 3
hearts)
Red cabbage (1 cup)
Napa cabbage (1 cup)
Cucumber (1/2)

Bread

Corn tortillas (10)

Meat

Chicken breasts (4)
Chicken (3 cups cooked- breasts,
tenders, or rotisserie)
Ground beef (1 pound)

Canned goods

Cream of chicken soup (2 cans)
Diced tomatoes with green chilies
(1 can)
Black beans (1 can)
Chicken stock (2 Tbs.)
Beef broth (4 cups)
Unsweetened coconut milk (one
13.5 oz. can)

Dairy

Sour cream (1 cup)
Mexican blend cheese (1 ½ cups)
Eggs (6)
Unsalted butter (1/4 cup)
Sour cream (3/4 cups)
Mayonnaise (1/2 cup)
Milk (1 cup)

Pantry Staples

White rice (3 ½ cups)
Olive oil (2 Tbs.)
Vegetable oil (3 cup for frying)
Bread crumbs (1/2 cup)
Flour (1 1/3 cup)
Brown sugar (1/3 cup)
Honey (7 Tbs.)
Cornstarch (2 tsp.)
Dijon mustard (2 tsp.)

Spices

Taco seasoning (1 packet)
Allspice
Nutmeg
Ground ginger
Crushed red pepper

Other

Sesame oil (6 Tbs.)
Soy sauce (3/4 cup)
Toasted coconut (1/2 cup)
Rice wine vinegar (5 Tbs.)
Cornflakes (1 cup)
Slivered almonds (2 Tbs.)