

# Tastes Better *from* SCRATCH

## *This Week's Meal Plan and Grocery List*

*Serves approximately 4 people*

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|--|
| Monday<br><a href="#">Chicken Taco Pie</a>   |
| Tuesday<br><a href="#">Ham Fried Rice</a>  |
| Wednesday<br><a href="#">Swedish Meatballs</a>   |
| Thursday<br><a href="#">Grilled Hawaiian</a><br><a href="#">Chicken Teriyaki Bowls</a>                       |
| Friday<br><a href="#">Applebee's Oriental</a><br><a href="#">Chicken Salad (Copy</a><br><a href="#">Cat)</a> |

### **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.)