

Tastes Better *from* SCRATCH

Monday: Kung Pao Chicken	<u>Produce</u> Fresh Basil Leaves (4 Tbs. chopped, Optional) Fresh Lime Juice (3 Tbs.) Onion (2) Garlic (Minced, 2 tsp.) Tomato (2) Fresh Parsley Leaves (2 tsp. minced) Zucchini (1) Red Bell Pepper (2) Corn on the Cob (4 ears or 1 ½ cup cooked corn) Avocado (1) Cilantro (optional for garnish) Ginger (1 tsp. freshly grated) Green Onions (2)	<u>Refrigerated</u> Thin Slices Mozzarella Cheese (8) Think Slices Cheddar Cheese (8) Butter (6 Tbs.) Milk (1 cup) Cream Cheese (4 oz.) Grated Parmesan (optional) Egg (2 large) Provolone Cheese (10 slices)	<u>Pantry Staples</u> Olive Oil (1/2 cup) Light Brown Sugar (2 tsp.) All Purpose Flour (1 cup) Granulated Sugar (1 Tbs.) Oil (Vegetable or Canola 2 Tbs.) Rice Vinegar (2 Tbs.) Soy Sauce (3 Tbs.) Corn Starch (2 tsp.) Red Wine Vinegar (1 tsp.)
Tuesday: BBQ Ranch Grilled Chicken and Veggie Bowls			
Wednesday: Italian Meatball Subs			
Thursday: Chili Lime Chicken with Creamy Garlic Penne Pasta	<u>Bread/Grains</u> Crusty Artisan Bread (8 slices) Penne Pasta (16 oz.) Saltine Crackers (1/2 cup crushed) Hoagie or Sub Rolls (5) Long Grain White Rice (1 ½ cups) Plus enough for serving with Kung Pao Chicken.	<u>Spices</u> Chili Powder (2 tsp.) Cumin (2 tsp.) Paprika (1 tsp.) Onion Powder (1 tsp.) Garlic Powder (1 1/2 tsp.) Salt and Pepper Cayenne Pepper (pinch) Parsley Flakes (2 Tbs.) Oregano (3 1/2 tsp.) Basil (2 1/2 tsp.) Crushed Red Pepper Flakes (1 1/4 tsp.) Garlic Salt (1/2 tsp.)	<u>Other</u> Marinara Pasta (1 cup) or homemade Hidden Valley Honey BBQ Ranch Dressing (1, 16 oz. bottle) Dry Roasted Peanuts (1/2 cup) Chili Paste with Garlic (1 tsp.) Sesame Oil (1 tsp.)
Friday: Italian Grilled Cheese	<u>Canned Goods</u> Chicken Broth (4 1/4 cups) Beef Broth (1/4 cup) Crushed Tomatoes (28 oz. can) Black Beans (15 oz. can)		<u>Meat</u> Chicken Tenders (5-6) Ground Beef (1 Lb.) Boneless Skinless Chicken Breasts (2 ½ Lb.)