

# Tastes Better *from* SCRATCH

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

*Serves approximately 4 people*

Monday <a href="#">Shrimp Scampi Linguine</a> \$10.96
Tuesday <a href="#">One Pan Jambalaya</a> \$10.53
Wednesday <a href="#">Turkey club wrap</a> <i>Using rotisserie chicken</i> \$16.19
Thursday <a href="#">Spinach, Chicken, Bowtie, Pasta Salad with Teriyaki Vinaigrette</a> <i>Using rotisserie chicken</i> \$16.45
Friday <a href="#">Kicked Up Tuna Melt</a> \$5.46

### **Produce**

Garlic (7-8 cloves)  
Fresh parsley leaves (1/2 cup)  
Lemon (1 whole)  
Lemon juice (1/3 cup or 2 lemons- in to lemon listed above)  
Yellow onion (1 medium)  
Green onion (3-4)  
Sweet onion (2 Tbs.)  
Celery (3 ribs)  
Red or green bell pepper (1)  
Romaine heart (1)  
Tomato (2)  
Avocado (1)  
Fresh baby spinach (1 lb.)

### **Dairy**

Butter (6 Tbs.)  
Parmesan cheese (1/2)  
Mayonnaise (1/3 cup + 6 Tbs.)  
Cheddar cheese (8 slices)  
Provolone (4 slices)

### **Meat**

Large shrimp (1 lb. or @ 20 shrimp)  
Kielbasa sausage (1)  
Chicken breasts (2-3)  
Bacon (8 slices)  
Solid white tuna packed in water (4-5oz. cans)

### **Bread**

White or wheat tortillas (4)  
Crusty bread (4 slices)

### **Spices**

Red pepper flakes  
Dried basil  
Cajun seasoning  
Oregano  
Salt and pepper

### **Pantry Staples**

Olive oil (3 Tbs.)  
Vegetable/canola oil (1/4 cup + 1 Tbs.)  
Rice wine vinegar (1/2 cup)  
Flour (2 Tbs.)  
Sugar (1/2 tsp.)  
White rice (1 cup)  
Mustard (2 Tbs.)

### **Canned goods**

Diced tomatoes (1-14.5oz can)  
Low-sodium chicken broth (2 cups)  
Water chestnuts (1 small can)  
Mandarin oranges (1 can)

### **Other**

Linguine noodles (white or wheat- 1 lb.)  
Farfalle (bowtie) noodles (1 lb.)  
Dry roasted peanuts (1/2 cup)  
Cranberries (1/2 cup)  
Teriyaki sauce (I love Yoshida's brand from Costco)  
Capers (4 tsp.)

**Weekly Total: \$59.59**