

Tastes Better *from* SCRATCH

Monday: BBQ Ranch Grilled Chicken and Veggie Bowls	<u>Produce</u> Fresh Basil Leaves (4 Tbs.) Yellow Onion (2) Green Onions (4) Celery Ribs (3) Fresh Parsley (1/4 cup) Garlic (2 cloves) Romaine Lettuce (3 cups) Cherry Tomatoes (1 2/3 cup) Mini Cucumbers (2) Yellow Cherry Tomatoes (1 cup) Zucchini (1) Red Bell Pepper (1) Corn on Cob (4 ears) Avocado (1) Cilantro (optional for garnish)	<u>Bread/Grains</u> Crusty Artisan Bread (8 slices) Brown Rice (for Cajun dinner) Flour Tortillas (5 large) Farfalle Pasta (8 oz.) Long Grain White Rice (1 1/2 cups)	<u>Meat</u> Smoked Andouille Sausage (12 oz.) Boneless Skinless Chicken Breasts (2.5 Lb.)
Tuesday: Pesto Pasta Salad		<u>Refrigerated</u> Mozzarella Cheese (8 thin slices) Cheddar Cheese (8 thin slices) Butter (2 Tbs.) Grated Parmesan (1/2 cup) Fresh Mozzarella (3 oz.)	<u>Spices</u> Cajun Seasonings (2 tsp.) Salt and Pepper Cumin (1 tsp.)
Wednesday: Chicken Caesar Wraps		<u>Other</u> Croutons (1/2 cup) Caesar Dressing (1/2 cup) Basil Pesto (1 cup) Hidden Valley Honey BBQ Ranch Dressing (1, 16 oz.)	<u>Canned Goods</u> Marinara Pasta Sauce (1 cup) or homemade Chicken Broth (4 ½ cups) Diced Tomatoes (12.5 oz. can) Tomato Paste (3 Tbs.) Tomato Sauce (1/2 cup) Black Beans (15 oz. can)
Thursday: Slow Cooker Cajun Chicken and Sausage	<u>Pantry Staples</u> Oil (2 Tbs.)		
Friday: Italian Grilled Cheese Sandwich			