

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

Monday BBQ Ranch Grilled chicken and Veggie Bowls
Tuesday Pesto Pasta Salad
Wednesday Chicken Caesar Wraps
Thursday Slow Cooker Cajun Chicken and Sausage
Friday Pimento Cheese BLT

Produce
Zucchini (1)
Red bell pepper (1)
Green bell pepper (1)
Celery (2-3 ribs)
Corn (1 ½ cups or 4 ears)
Avocado
Cilantro (optional for garnish)
Parsley (1/4 cup chopped)
Onion (1)
Sweet onion (1 tsp. grated)
Green onions (4)
Grape/cherry tomatoes (@2 cups)
Yellow cherry tomatoes (1 cup)
Large tomato (1)
Romaine lettuce (3 hearts)
Garlic (2 cloves)

Bread
Flour or whole wheat tortillas (5)
Sourdough bread (8 slices)

Dairy
Fresh mozzarella cheese (3 oz.)
Parmesan cheese (1/2 cup)
Mayonnaise (1/4 cup)
Sour cream/Greek yogurt (1 Tbs.)
Sharp cheddar cheese (8 oz.)
Butter (for spreading on BLT sandwich)

Meat
Chicken breasts (5-6)
Smoked Andouille sausage (or other brand)- (12 ounces)
Bacon (8 slices)

Canned goods
Chicken broth (4 1/2 cups)
Black beans (1 can)
Diced tomatoes (1 can)
Tomato Paste (3 Tbs.)
Tomato sauce (1/2 cup)
Pimentos (one -2oz. jar)

Pantry Staples
Vegetable oil
Farfalle noodles (8 ounces)
Worcestershire sauce (a dash)
Long grain white rice (1 ½ cups)
Brown or white rice (to serve with slow cooker Cajun chicken and sausage)

Spices
Cumin
Salt & pepper
Cajun seasoning (2 tsp.)
Cayenne pepper

Other
Caesar salad dressing (1/2 cup)
Basil pesto sauce (3/4 cup)
Croutons (1/2 cup)
Hidden Valley Honey BBQ Ranch Dressing (for BBQ Ranch bowls)