

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

Monday One Pan Baked Ziti \$6.26
Tuesday Slow Cooker King Ranch Chicken Soup \$11.59
Wednesday Thai chicken lettuce wraps \$9.33
Thursday General Tso's chicken \$11.20
Friday Pesto Veggie Pizza \$14.15

Produce

Garlic cloves (@12)
Jalapeno (1 medium)
Cilantro (1 bunch)
Sweet onion (1/2)
Carrot (1)
Cabbage (1/2 cup)
Green onions (3)
Ginger (1/4 tsp.)
Romaine lettuce or Boston Bib lettuce for lettuce wraps
Baby spinach leaves, zucchini, green onion, red bell pepper, tomato (and/or any other vegetables for veggie pizza toppings)

Meat

Ground Italian sausage (1/2 lb.)
Chicken breasts (5-6)

Dairy

Half & half or heavy cream (1/2 cup)
Parmesan cheese (3/4 cup grated)
Mozzarella cheese (2 cups shredded)
Butter (8 Tbs.)
Shredded cheese (2 cups of cheddar, Mexican, or Colby Jack)
Eggs (2 egg white)

Pantry Staples

Olive oil
Canola oil
Flour (3 cups)
Crunchy peanut butter (1 Tbs.)
Soy sauce (7 Tbs.)
Rice vinegar (6 Tbs.)
Cornstarch (@ 1/2 cup)
Light brown sugar (4 Tbs.)
Sugar (3/4 tsp.)

Canned goods

Diced tomatoes (1-15.oz can)
Diced tomatoes with green chilies (1-10 oz. can)
Tomato sauce (1-8oz can)
Chicken broth (4 cups)

Spices

Red pepper flakes
Dried basil
Oregano
Salt and pepper
Chili powder
Cumin
Garlic powder
Ground ginger

Other

Ziti or similar pasta (12 oz)
Tortilla chips (for serving with soup)
Sweet chili sauce (1/3 cup- found in Asian section)
Hoisin sauce (2/3 cup)
Fleischmann's pizza yeast (1 envelope)
Pesto sauce (1/2 cup)

Weekly Total: \$52.23