

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List Meal serve approximately four people

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| Monday Grilled Chicken Street Tacos \$11.33 |
| Tuesday Pasta Primavera \$2.48 (before veggies) |
| Wednesday Mongolian Beef \$10.83 |
| Thursday Chicken Bacon Avocado Wrap \$8.67 |
| Friday Pizza Casserole \$14.12 |

Produce

Cilantro (1/2 cup chopped)
Garlic cloves (10)
Pico de Gallo (from store or [homemade](#))
Your favorite veggies for pasta primavera (ex. Snap peas, broccolini, bell peppers, mushrooms, zucchini, onion, asparagus, peas, spinach, cherry tomatoes)
Green Bell pepper (1/2)
Onion (1 small)
Basil (optional for pasta garnish)
Fresh ginger (1 tsp minced)
Green onions (1 bunch)
Romaine lettuce (2 cups shredded)
Avocado (1)

Canned goods

Chicken broth (2/3 cup)
Sliced olives (1 small can)
Sliced mushrooms –optional for pizza casserole (1 small can)

Meat

Chicken thighs (3-4)
Chicken breast (1 large)
Flank Steak (1 lb.)
Bacon (5-6 slices)
Ground Beef (1 lb.)
Pork Sausage (1/2 lb.)
Pepperoni's (4 oz.)

Dairy

Sour cream (optional for tacos)
Butter (1 Tbs.)
Heavy cream of half/half (1/2 cup)
Grated parmesan cheese (1 cup)
Mayonnaise (1/2 cup)
Shredded mozzarella (1-2 cups)

Pantry Staples

Apple cider vinegar (2 Tbs.)
Cornstarch (1/3 cup + 2 tsp.)
Pasta-penne or other (1 lb.)
Olive oil (1 Tbs.)
Canola oil (2-4 Tbs.)
Brown sugar (1/2 cup packed)
Brown or white rice (@3cups)

Bread/Tortillas

Mini white corn tortillas (20-22)
Large flour tortillas (4)

Spices

Ancho chili powder or chipotle chili powder
Oregano
Paprika
Cinnamon powder
Dried basil
Salt & Pepper

Other

Lime juice
Lemon juice (tsp.)
Orange juice (4 Tbs.)
Soy sauce (1/2 cup)
Hot sauce (optional for tacos)
Penne Pasta (4 cups)
Marinara/pizza sauce (24 oz. jar)

Weekly Total: \$47.43