

Tastes Better *from* SCRATCH

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

Monday Grilled Chicken Street Tacos
Tuesday Pasta Primavera
Wednesday Mongolian Beef
Thursday Chicken Bacon Avocado Wrap
Friday Pizza Casserole

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. far)