

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List (@ 4 servings per meal)

Monday Carne Asada Tacos	Produce Romaine lettuce hearts or bib lettuce (about 16 leaves for lettuce cups) Avocado (4) Garlic (4) Limes (2) Orange (1 large) Jalapeno (1) Cilantro (1 bunch) Red bell pepper (2) Mango (1) Red cabbage (1 heaping cup) Red onion (1/4 cup chopped) Carrots (1 cup shredded) Edamame (1 cup) Green onions (2 stalks) Fresh ginger (2 tsp grated) Fresh basil (optional for grilled)	Pantry Staples White vinegar (2 Tbs.) Red wine vinegar (1 Tbs.) Peanut butter (1/4 cup) Olive oil (1/3 cup + 4 tsp.) White rice (4-6 cups-or coconut rice) Honey (3 Tbs.) Ketchup (2 tsp.) Dijon mustard (1 tsp.) Lemon juice (2 tsp.) Lime juice (1 tsp.) Sugar (1 tsp.) Sesame oil (1 tsp.)	Dairy Plain Greek yogurt (1/2 cup) Mayonnaise (1/4 cup) Mozzarella cheese (8 thin slices or 1/3 cup shredded) Cheddar cheese (8 thin slices) Butter (for spreading on grilled cheese)
Tuesday Avocado Chicken Salad Lettuce Wraps			
Wednesday Caribbean Jerk Chicken Bowls			Meat Flank Steak (2 lbs.) Chicken breasts (6-7) –rotisserie can be used for lettuce wraps
Thursday Thai Quinoa Salad		Bread White corn tortillas (10) Crusty artisan bread (8 slices)	Other Quinoa (3/4 cup) Cashews (1/2 cup) Pico de gallo (or homemade) Valentina hot sauce (optional for tacos) Siracha hot sauce Mexican rice (optional for serving with tacos) Marinera sauce (or homemade - 1 cup)
Friday Italian Grilled Cheese	Canned goods Red beans (1 can) Pineapple (1/2 cup diced-canned or fresh) Can of chipotle peppers in adobo sauce (you will need 1 pepper plus 1 tsp. sauce- freeze the leftovers!)	Spices Jamaican jerk seasoning (1/4 cup) Chili powder Ground cumin Garlic powder Kosher salt Fresh ground black pepper	