

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

Monday
[Honey Lime Chicken](#)
[Enchiladas](#)

Tuesday
[Creamy Pesto](#)
[Tortellini Pasta](#)
[Salad](#)

Wednesday
[Chile Verde Soup](#)

Thursday
[Lemon Parmesan](#)
[Chicken Pasta](#)

Friday
[Gourmet Baked Mac](#)
[and Cheese with](#)
[Bacon](#)

Produce

Cilantro (1 bunch)
 Cherry tomatoes (1 1/2 cups)
 Green onions (3 stalks)
 Fresh basil (6-8 leaves)
 Small onion (1)
 Celery (2 ribs)
 Garlic (1 cloves)
 Avocado (1)
 Lemon (1 for zest)
 Zucchini (2 small)
 Yellow squash (2 small)
 Fresh parsley (1/4 cup chopped)

Pantry Staples

Honey (1/3 cup)
 Lime Juice (1/2 cup)
 Lemon juice (1 tsp)
 Olive oil
 Flour (2 Tbs.)
 Cornstarch (1 1/2 tsp.)
 Chicken bouillon (1 1/2 tsp.)

Meat

Chicken Breasts (6-7)
 Hickory smoked bacon (6 slices)

Bread/Pasta

Large flour tortillas (8-10)
 Farfalle pasta (16 oz mini- or your favorite bite-size pasta)
 Elbow macaroni (1/2 lb. or other bite size pasta)

Dairy

Monterey Jack Cheese (3-4 cups shredded)
 Cheddar cheese (1 cup)
 Sharp cheddar cheese (2 cups grated)
 Sour cream (optional for soup)
 Parmesan cheese (@ 1 1/2 cup)
 Butter (4 Tbs.)
 Parmesan (1 1/4 cups shredded)
 Milk (1 1/2 cups)
 Half and half (3/4 cups)

Canned Goods

Black Beans (1 can)
 Black olives (1-6 oz. can)
 Chicken broth (3 1/2 cups)
 Northern white beans (1-14.5 oz. can)
 Corn (2 - 11 oz. cans- or 1 cups fresh for enchiladas)

Spices

Chili Powder
 Paprika
 Cumin
 Chipotle powder
 Cayenne pepper
 Onion powder
 Garlic powder
 Dried parsley
 Salt
 Black pepper
 Italian seasoning

Other

Salsa Verde (1 1/2 bottle)
 Three cheese tortellini (1-20oz pkg.)
 Creamy caesar dressing (2/3 cu of store bought)
 Sunflower seeds (1/3 cup)
 Dijon mustard (1 1/2 tsp.)
 Panko breadcrumbs (1/2 cup)