

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

Monday Honey Lime Chicken Enchiladas \$15.57	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)	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)	Spices Chili Powder Paprika Cumin Chipotle powder Cayenne pepper Onion powder Garlic powder Dried parsley Salt Black pepper Italian seasoning
Tuesday Creamy Pesto Tortellini Pasta Salad \$14.46		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)	
Wednesday Chile Verde Soup \$10.70	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.)		Other Salsa Verde (1 1/2 bottle) Three cheese tortellini (1-20oz pkg.) Creamy caesar dressing (2/3 cup) Basil pesto (1/4 cup - homemade of store bought) Sunflower seeds (1/3 cup) Dijon mustard (1 1/2 tsp.) Panko breadcrumbs (1/2 cup)
Thursday Lemon Parmesan Chicken Pasta \$13.91		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)	
Friday Gourmet Baked Mac and Cheese with Bacon \$6.96	Meat Chicken Breasts (6-7) Hickory smoked bacon (6 slices)		

Weekly Total: 61.60