

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

Monday Honey Lime Chicken Enchiladas	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			
Wednesday Chile Verde Soup		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)	
Thursday Lemon Parmesan Chicken Pasta	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)
Friday Gourmet Baked Mac and Cheese with Bacon	Meat Chicken Breasts (6-7) Hickory smoked bacon (6 slices)	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)	