

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

Monday
[Sheet Pan Fajitas](#)

Tuesday
[Taco Soup](#)

Wednesday
[Tuscan Garlic Chicken](#)

Thursday
[Hawaiian BBQ Chicken Wraps](#)

Friday
[Pizza Pasta Salad](#)

Produce

Bell peppers (1 red, 1 green, & 3 of any color for fajitas)
Yellow onion (1)
Garlic (10 cloves)
Lime (1)
Cilantro (1/2 cup chopped)
Baby spinach (1 1/2 cups)
Pineapple (2/3 cup fresh or canned)
Red onion (1 small)
Romaine heart (1)
Cherry tomatoes (1 cup)

Meat

Chicken breasts (8-9)
Lean ground beef (1 lb.)
Pepperoni (1 - 2oz. package)

Other

Desired fajita toppings and taco soup toppings (sour cream, avocado, guacamole, cheese, etc.)

Bread/Pasta

Flour tortillas (@15 although I like small one for fajitas and large for the wrap)
Fettuccine noodles (1 lb.)
[Cellentani](#) pasta (or other bite size pasta)

Dairy

Butter (1 Tbs.)
Cream (1/2 cup)
Milk (3/4 cup)
Mozzarella cheese (1/2 cup)
Fresh mozzarella cheese ball (8 oz.)
Parmesan cheese (@1 cup shredded)

Pantry Staples

Olive oil
Flour (1 cup)
BBQ sauce (1/2 cup or [homemade](#))
Red wine vinegar (1/4 cup)

Canned Goods

Crushed tomatoes (1- 28oz. can)
Diced green chilies (1- 4oz. can)
Kidney beans (1- 15oz. can)
Black beans (1- 15oz. can)
Corn (1 can)
Beef broth (16 oz. or 2 cups)
Chicken broth (1/2 cup)
Olives (1- 2.25oz. can)

Spices

Chili powder
Paprika
Cumin
Onion powder
Garlic powder
Oregano
Cayenne
Dried basil
Italian seasoning
Salt and pepper