Tastes Better from SCRATCH

This Week's Meal Plan and Grocery List

Monday
Autumn Butternut Squash and Sweet Potato Soup

Tuesday
Slow Cooker Three Cheese Ziti

Wednesday
Smothered Ranch Chicken Burritos

Thursday
Skinny Asian Chicken Stir Fry with Honey Roasted Cashews

Friday
Baked Tacos

Produce
Butternut squash (1 small)
Sweet potatoes (2)
Onion (1 medium and 1 small)
Garlic (6 cloves)
Bell peppers (1-2 of any color)
Green onion (3)
Romaine heart (1)
Roma tomatoes (2)
Fresh basil (1/2 cup chopped)
Cilantro (1/4 cup chopped)
Avocado and tomato for burrito topping (optional)

Meat
Ground Italian sausage (1 lb.)
Chicken breasts (6-7)
Ground beef or ground turkey (1 lb.)

Grains
Ziti or penne pasta (16 oz.)
uncooked flour tortillas (6 - 8 inch)
Long grain brown rice (1 1/2 cups)
Taco shells (20 hard shells)

Dairy
Cream cheese (4 oz.)
Sour cream (3/4 cup)
Ricotta cheese or cottage cheese (1/2 cup)
Parmesan cheese (1 1/2 cup)
Mozzarella cheese (1 cup)
Mexican blend cheese (1 1/2 cup)
Butter (2 Tbs.)

Canned Goods
Diced tomatoes (1-14.5 oz. can)
Tomato paste (2 Tbs.)
Chicken broth (about 11 cups)
Garbanzo beans (1 can)
Pinto beans (1- 16 oz. can)
Tomato sauce (3- 8 oz. cans)

Panty Staples
Olive oil
Flour (1/4 cup)
Hoisin sauce (2 Tbs.)
White wine vinegar (2 Tbs.)
Cornstarch (2 Tbs.)
Honey (2 Tbs.)

Spices
Chili powder
Cumin
Onion powder
Ground coriander (2 tsp.)
Garlic powder
Whole fennel seed (1 1/2 tsp)
Whole cumin seed (1 1/2 tsp)
salt and black pepper
Sea salt
Crushed red pepper flakes

Other
Pasta sauce (2- 24 oz. jars of your favorite tomato pasta sauce)
Ranch dressing (1/3 cup)
Dry ranch seasoning (1 packet)
Siracha (2-3 tsp)
Cashews (1 cup)
Salsa for baked tacos (optional)