

# Tastes Better *from* SCRATCH

## *This Week's Meal Plan and Grocery List*

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|--|---------|
| Monday<br><a href="#">Autumn Butternut Squash and Sweet Potato Soup</a>              | \$14.55 |
| Tuesday<br><a href="#">Slow Cooker Three Cheese Ziti</a>                             | \$10.23 |
| Wednesday<br><a href="#">Smothered Ranch Chicken Burritos</a>                        | \$12.49 |
| Thursday<br><a href="#">Skinny Asian Chicken Stir Fry with Honey Roasted Cashews</a> | \$8.08  |
| Friday<br><a href="#">Baked Tacos</a>  | \$13.55 |

### 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)

### Pantry 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)

Weekly Total: \$58.90