

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

Monday
[Slow cooker cajun chicken and sausage](#)

Tuesday
[Chicken Gyros](#)

Wednesday
[Cornbread waffles with chili](#)

Thursday
[Thai chicken lettuce wraps](#)

Friday
[Pizza stuffed shells](#)

Produce

Onion (2)
 Green onion (7)
 Red onion (for gyros)
 Sweet onion (1/2)
 Carrot (1)
 Cabbage (1/2 cup)
 Green bell pepper (1 + 1/2 any color)
 Iceberg lettuce (for gyros)
 Boston bib or romaine lettuce for lettuce wraps
 Cucumber (for gyros)
 Celery (2-3 ribs)
 Fresh parsley (1/4 cup chopped)
 Garlic (11 cloves)
 Cilantro (one bunch)

Bread/Noodles

Brown rice (about 2 1/2 cups)
 Pita or flatbread (6)
 Jumbo pasta shells (1 box)

Meat

Smoked Andouille sausage (12 oz.)
 Chicken breasts (7 breasts)
 Ground beef (1/2 lb.)
 Pork sausage (1/2 lb.)
 Pepperoni (4 oz.)

Pantry Staples

Flour (1 3/4 cups)
 Yellow cornmeal (1 1/4 cups)
 Baking powder (1 Tbs.)
 Sugar (1 tsp.)
 Vegetable/canola oil (4 Tbs.)
 Olive oil (2 Tbs.)
 Lemon juice (3 Tbs.)
 Crunchy peanut butter (1 Tbs.)
 Soy sauce (2 tsp.)

Dairy

Milk (2 cups)
 Eggs (2 large)
 Shredded cheese (for chili topping)
 Sour cream (for chili topping)
 Greek yogurt (1 cup, plain)
 Parmesan cheese (1/2 cup grated)
 Mozzarella (1 heaping cup)

Canned

Chicken broth (1 1/2 cups)
 Diced tomatoes (14 oz. can)
 Tomato paste (3 Tbs.)
 Tomato sauce 1/2 cup
 Sliced olives (1 small can)
 Marinara sauce (24 oz. jar)

Spices

Paprika (smoked or regular)
 Cajun seasoning (2 tsp.)
 Cumin
 Oregano
 Turmeric
 Coriander
 Onion powder
 Cinnamon
 Crushed red pepper flakes
 Salt and pepper

Other

Sweet chili sauce (1/2 cup - found in Asian section)
 4 cups of your favorite chili with beans for the cornbread waffle (or [homemade](#)).