

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

Monday Buttermilk Pancakes	Produce Garlic (1 clove) Onion (1/2) Jalapeno pepper (1/4 of a pepper) Sweet potato (1 large) Brussels sprouts (1 ½ cups) Pomegranate (1) Avocado (1) Cabbage (1 cup) Roma tomato (1) Cherry tomatoes (1 cup) Fresh basil (1/3 cup) Fresh cilantro (optional for chicken tikka)	Meat Chicken thighs (5-7 skinless) Chicken tenders (6)	Bread/Grains Jasmine or basmati rice (4 cups) White corn tortillas (12-14) Flatbread (2 large)
Tuesday Slow Cooker Chicken Tikka Masala		Dairy Buttermilk (2 cups) Eggs (2 large) Butter (2 Tbs.) Milk (2 Tbs.) Shredded cheddar cheese (5-6 cups) Cotija cheese (1/4 cup) Sour cream for enchilada topping Fresh mozzarella (4 oz.) Grated parmesan (1/4 cup)	Spices Garam masala (or substitute paprika and cumin) Curry powder Onion powder Garlic Powder Crushed red pepper Salt and pepper
Wednesday Coconut Curry Chicken and Veggie Bowls			
Thursday Cheese Enchiladas	Canned goods Unsweetened coconut milk (1- 13.5 oz. can + 1 cup) Tomato sauce (3-8oz. cans) Red enchilada sauce (20 oz.)	Other Pecans (1/2 cups) Pesto sauce (1 Tbs.)	Pantry Staples Flour (2 cups) Sugar (2 Tbs.) Baking powder (1 ½ tsp.) Baking soda (3/4 tsp.) Salt (1/2 tsp.) Olive oil (8 Tbs.) Light brown sugar (2 tsp.) Honey (1/4 cup) Mustard (1 Tbs.) Cornstarch (1/2 tsp)
Friday Pesto chicken Caprese Flatbread			