

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

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|---|--|---|--|
| Monday Southwest Egg Rolls \$9.73 | Produce Cilantro (1 bunch) Garlic (8 cloves) Yellow onion (1/2) Carrot (1) Cabbage (1/2 cup shredded – any type) Green onions (3) Ginger (1/2 tsp.) Cilantro (1/4 cup chopped) Romaine heart (1) | Dairy & Eggs Shredded cheddar cheese (1/2 cup) Mozzarella cheese (2 cups grated) Parmesan cheese (3/4 cups grated) Cream cheese (6 oz.) Sour cream (1/4 cup) Butter (1/2 cup) Cottage cheese (24 oz.) | Spices Garlic powder Chili powder Cumin Oregano Paprika Dried basil Onion powder Crushed red pepper Salt and pepper |
| Tuesday Thai Chicken Lettuce Wraps \$9.33 | | | |
| Wednesday Taco Soup \$10.07 | | Canned goods Black beans (15 oz. can) Corn (2-15 oz. cans) Crushed tomatoes (28 oz. can) Diced green chilies (4 oz. can) Kidney beans (15 oz. can) Black beans (15 oz. can) Beef broth (2 cups) Chicken broth (4 cups) Cream of anything soup (2 cans or homemade) | |
| Thursday Chicken Noodle Casserole \$13.32 | Pantry Staples Oil (for pan frying) Olive oil Vegetable oil Peanut butter (1 tablespoon) Flour (1/2 cup) | | |
| Friday Slow Cooker Pot Roast \$24.84 | Meat Chicken breasts (6) Lean ground beef (1 lb.) Chuck roast (4-5 lb.) | Bread/Grains Egg noodles (12 oz.) | Other Egg Roll Wrappers (20) Your favorite salsa (1/3 cup) Sweet chili sauce (1/3 cup – found in Asian food isle) Soy sauce (2 tsp.) Tortilla chips or fritos for taco soup Topping for taco soup Dried onion soup mix (1 envelope or homemade) |
| Weekly Total: \$67.29 | | | |