

Tastes Better *from* SCRATCH

This Week's Meal Plan and Grocery List

<p>Monday Grilled Hawaiian Chicken Teriyaki Bowls \$13.85</p>	<p>Produce</p> <p>Zucchini (1) Bell peppers (2 large, any color + ½ green bell pepper) Pineapple (1/2) Red onion (1 small) Onion (2) Sweet onion (2 tbs. chopped) Garlic (7 clove) Russet baking potatoes (2 large) Kale (3 cups chopped) Baby spinach (1 lb.) Green onion (3)</p>	<p>Pantry Staples</p> <p>Light brown sugar (¾ cup) Honey (3 Tbs) Rice (2 cups white or jasmine) Brown rice (1 ½ cup) Soy sauce (½ cup) Rice wine vinegar (½ cup) White wine vinegar (2 Tbs- or use rice wine) Cornstarch (3 Tbs) Lime juice (2 tsp) Canola Oil (¼ cup) Olive oil (1 Tbs)</p>	<p>Canned goods</p> <p>Coconut milk (1-13.5 oz can) Chicken broth (8 cups) Black beans (16 oz. can) Chipotle chilis in adobo sauce (1 small can or 2 small chilies + 1 tbs. sauce) Water chestnuts (1 small can) Mandarin oranges (1 can)</p>
<p>Tuesday Creamy Zuppa Toscana \$17.98</p>			
<p>Wednesday Black Bean Burger with Chipotle Mayo \$5.75</p>			<p>Dairy</p> <p>Heavy Cream (1 cup) Egg (1) Mayonnaise (1 cup)</p>
<p>Thursday Teriyaki Pasta Salad \$18.01</p>	<p>Meat</p> <p>Chicken Breasts (7) Italian sausage (1 lb.) Bacon (5 slices)</p>	<p>Other</p> <p>Coconut (½ cup) Sesame oil (1 Tbs) Dry roasted peanuts (½ cup) Cashews (1 cup) Cranberries (½ cup) Hoisin sauce (2 Tbs) Teriyaki sauce (½ cup or your favorite kind) Any burger toppings Siracha hot sauce (optional)</p>	
<p>Friday Skinny Asian Chicken Stir Fry with Honey Roasted Cashews \$8.08</p>	<p>Bread/Pasta</p> <p>Whole wheat bread crumbs (2/3 cup) Farfalle (bowtie) pasta (1 lb.) Burger buns (5)</p>		<p>Spices</p> <p>Salt and pepper Sea salt Ground ginger Crushed red pepper Chili powder Cumin</p>
<p>Weekly Total: \$63.67</p>			